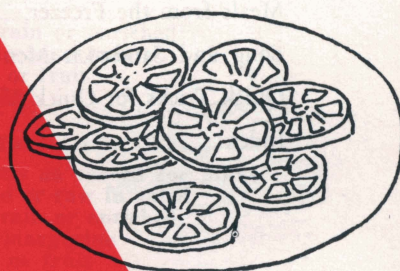
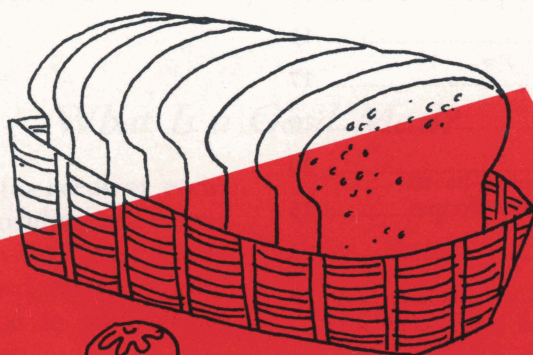
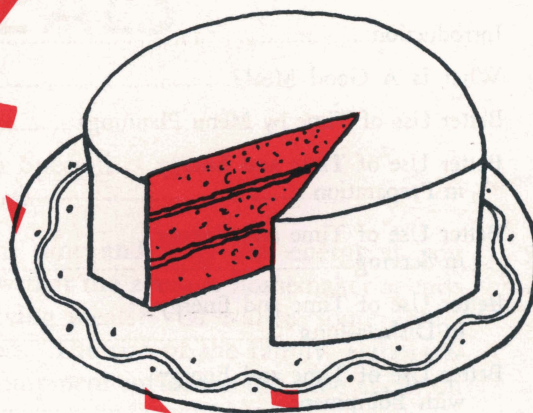


QUICK MEALS!



Contents

Introduction.....	3
What Is A Good Meal?.....	3
Better Use of Time by Menu Planning.....	3
Better Use of Time and Energy in Preparation.....	4
Better Use of Time and Energy in Serving.....	4
Better Use of Time and Energy in Dishwashing.....	5
Better Use of Time and Energy with Equipment.....	5
Planning Quick Meals.....	6
Oven Meals.....	9
One-dish Meals.....	13
Broiler Meals.....	15
Top-of-the-range Meals.....	17
Pressure Saucepan Meals.....	19
Meals from the Freezer.....	20
Soup and Sandwich Menus with Recipes.....	23
Quick Tricks for Quick Meals.....	26
Index.....	28

Acknowledgments

The authors gratefully acknowledge contributions from Extension Home Management Specialists. Photographs are courtesy of the American Meat Institute, Campbell Soup Company, Armour and Company, Hotpoint Institute and the Borden Company.

QUICK MEALS

Extension Foods and Nutrition Specialists
Texas A&M University

You can have colorful, appetizing meals in minimum time and with less energy if you plan and manage them properly. Did you know that the average homemaker spends about a third of her time in planning, preparing and serving meals? Of course, some homemakers spend more time on food preparation than others. The size of the family, elaborateness of meals and the convenience and use of kitchen equipment influence the time spent on meals.

Health and well-being of your family are of utmost importance in meal preparation. A homemaker cannot afford to cut corners so far that she sacrifices well-prepared, balanced meals and a happy atmosphere around the family table. *Planning and management* are the keys to easy, good meals.

What Is a Good Meal?

A good meal meets the health needs of each individual in the family by providing one serving of all food groups listed in the Texas Food Standard, a daily guide for good eating. The following patterns will help you to plan meals high in important food nutrients:

Breakfast

Fruit or fruit juice
An egg and bacon, sausage or ham and/or ready-to-eat or cooked cereal
Bread—whole grain or enriched
Butter or margarine
Milk for children and adults
Coffee or tea for adults

Dinner

Meat or meat alternate
Potatoes—sweet or Irish
Vegetable—green or yellow
Salad containing other vegetables or fruit

Bread—whole grain or enriched
Butter or margarine
Dessert or fruit
Milk

Supper

Main dish—could be same as served for dinner
Vegetable—cooked or raw in salad
Bread—whole grain or enriched
Butter or margarine
Dessert or fruit
Milk, tea or coffee

Foods vary in flavor, color, texture, size and shape.

Foods are of good quality, appetizing and prepared to save food value.

A pleasant atmosphere helps the family to enjoy meal time.

Foods are served attractively.

Better Use of Time by Menu Planning

- Set aside a time and place for menu planning. Have the tools handy that are needed—paper, pencil, recipes; use copies of menus that you have found to be timesavers as well as family favorites.

- Think through menus. Some possible timesavers are as follows:

Serve fewer and well-prepared foods in generous amounts.

Use foods that can be cooked together, such as pot roasts with vegetables.

Use foods that require few cooking utensils, serving dishes and last-minute preparation.

Use foods that can be cooked and served in the same container, such as casseroles.

Use foods that take little preparation, such as unpared carrots and eggplant.

Use foods that cook in time-saving equipment, such as pressure saucepans and automatic appliances.

Plan meals that fit into other tasks, such as easier meals on club meeting days.

Serve simple desserts.

Plan menus to use only one cooking area of the range, such as broiler meals.

Plan dishes which require few ingredients.

- Plan menus for several days or a week at a time. Decide what foods have to be bought ahead of time, keeping in mind what foods are on hand.

- Make a shopping list to save time, steps and money. Foods listed in the order that they are found on the grocery shelves speeds shopping.

Better Use of Time and Energy in Preparation

- Clean fruit and vegetables before placing them in the refrigerator.

- Organize stored food for ease in locating according to the food groups listed in the Texas Food Standard.

- Keep master mix handy for quick breads. Except for the time used mixing the master mix, it is as speedy as commercial mixes and generally costs less.

- Keep dried, ground bread crumbs in a covered jar on the shelf ready for use.

- Scrape and peel or pare foods on paper for easy cleanup.

- Begin preparing the food first that requires the most time.

- Prepare larger portions of foods to be fixed in a different way later. Some foods that can be prepared ahead without losing quality are meat roasts, gelatin desserts and salads, dried beans and peas, potatoes with jackets and hard-cooked eggs.

- Prepare double quantities of foods that freeze well and freeze half for use another day.

- Prepare some of the foods for the next meal while cleaning up from the meal just eaten.

- Keep prepared pudding sauces in the re-

frigerator for use on leftover cake, fruit and other desserts.

- Chop large quantities of food, such as a stalk of celery, bundle of green beans or a whole onion, on a chopping board.

- Use the right equipment for each job, such as a vegetable parer for paring apples, carrots and potatoes.

- Arrange kitchen equipment so that utensils used together are stored together. Keep baking supplies and equipment together; the flour scoop in the flour canister; measuring spoon in the coffee can.

- Keep small equipment within easy reach. Hooks, small nails or pegboard are convenient for hanging measuring cups, separated measuring spoons, sifter and grater.

- Keep equipment in good working order. Keep the knives sharp and the eggbeater working smoothly.

- Work in a comfortable position—sitting or standing.

- Let other family members have a responsibility in meal preparation. It may utilize time and energy better while giving them a feeling of satisfaction.

- Clean up after each job as it is completed.

Better Use of Time and Energy in Serving

- When possible, cook in a utensil that can be brought to the table for serving.

- Make one platter or bowl do for several foods. Arrange meat attractively on a chop plate



or platter with vegetables. Individual salads are pretty served on the dinner plate from a large salad plate.

- Plates served in the kitchen save serving dishes.

- Make table service easy, simple and efficient, but attractive. Use place mats. They are

Better Use of Time and Energy in Dishwashing

- Soak dishes and pots and pans as soon as food is removed. Use cold water for egg, milk and flour.

- Save steps by using a wheel table or tray for carrying dishes and food to and from the table.

- Scrape and stack according to kind at right of sink or dishpan for a right-handed person. A dish scraper will make it easier.

- Begin with plenty of hot sudsy water.

suitable for family meal service or informal company meals. Plastic place mats and paper napkins are suitable for family meals.

- Place dessert on a side table nearby for quick service or on the table with the main course.

- Use dinner fork for both dinner and salad where both are served in the same course.

- Place dish drainer at left of sink or dishpan if righthanded.

- Wash glasses, silver, china and cooking utensils in that order.

- Place dishes in drainer and scald with boiling water. Drying in drainer saves time and dish towels and is more sanitary than wiping.

- Store dishes nearby that will be used first. By using step shelves or racks, dishes will not have to be lifted to get the one at the bottom of the stack.

Better Use of Time and Energy with Equipment



THE RANGE

Plan meals to use range units to the best advantage—surface units, deep well, grill, broiler and oven.

- Cook entire meal in the oven or deep well. When heating the oven for meat, plan to have several dishes cooking at the same time which might be used in the same meal or for future meals.

- Use the broiler to prepare an entire meal or most of a meal when it must be cooked quickly.

- Prepare a "one-dish" or "casserole" to include a meat or meat substitute, a green or yellow vegetable and a potato or other vegetable. Rice, spaghetti or another starchy food may be substituted for the potato.

- Use the automatic timer to start food cooking when you plan to be away from home.

- Use a pressure saucepan to shorten cooking time.

THE REFRIGERATOR

Use the refrigerator effectively for keeping ready-to-serve foods such as roast beef, baked or boiled ham, luncheon meats, roll and cookie dough, custards, puddings and ready mixes, if refrigeration is necessary. Refrigerator rolls, gelatin salads and desserts can be prepared the day before. Vegetables washed, trimmed and ready for use may be stored in plastic bags or hydrator. Fruits can be stored, washed and ready to eat.

HOME FOOD FREEZERS AND REFRIGERATOR FREEZERS

Frozen foods make for better use of time by reducing preparation just before meals.

To make best use of the freezer:

- Store basic foods from which meals can be prepared. (Meats, vegetables and fruits.)

- Freeze breads, pies, cakes, sandwiches and baked beans for special occasions.

- Store extra amounts made at one time, or for leftovers, such as cooked roast.

- Freeze fruit and vegetables at peak seasons, as well as meat, poultry and fish.

- Freeze meals grouped together for use when the homemaker is away or for unexpected company.

- Remember to allow for thawing time or freeze some foods that go directly from freezer to oven.

SMALL EQUIPMENT

- Good knives are essential. Quality counts more than the number. Include a paring knife, carving knife and one with a saw-edged blade.

Use a chopping board to prevent dulling knives. Store knives in a wall rack or drawer within easy reach. Protect the blades and keep them sharp. Peelers with floating blades are good for preparing vegetables. Kitchen shears make many difficult jobs easier.

- A good can opener is essential. Kitchen tongs, pastry blenders, spatulas, household thermometers and a small cleaver make food preparation easier.

- A food mixer can make many jobs quicker and easier. It is especially good for cakes, frostings, salad dressings, ice cream and for whipping vegetables. Keep it easily accessible. A food mixer can chop nuts and raisins when added to batters and can chop eggs for sandwich mixtures.

Planning Quick Meals

Many quick meals using your favorite recipes can be prepared by careful planning and organizing steps in preparation. The best use of time can be made by starting first the food which requires the longest preparation time. Each food then is prepared in order of time it takes. Partially prepared, prepared and frozen foods help to lessen preparation time.

Several meals with steps in preparation are planned for use in feeding the family quickly but well. Other menu suggestions are given for well-balanced meals that are quick and easy.

Menu

Cubed Beef Steaks Squash
Country-fried potatoes
Cabbage Salad
Toasted Garlic Bread Sticks
Butterscotch Pudding
Milk

1. Set the table.
2. Prepare pudding from instant or prepared mix and place in serving dishes in refrigerator to chill.
3. Start cooking country-fried potatoes.

5 small potatoes
3 tablespoons fat
1 teaspoon salt
¼ teaspoon pepper

Wash unpared potatoes and slice into uniform thin slices. Melt fat in a heavy skillet. When fat is hot, lay in the sliced potatoes, sprinkle with salt and pepper, cover skillet and cook slowly. When underside is browned, in about 10 minutes, turn potatoes carefully with pancake turner; cover, and continue cooking 10 to 15 minutes longer, until potatoes are tender in center and crisp on bottom. Serves 5.

4. Prepare salad by combining coarsely shredded cabbage with thin strips of green pepper. Place in refrigerator ready to toss with dressing at serving time.

5. Prepare frozen squash or other vegetables according to directions on package.

6. Start cubed steaks.

5 cubed beef steaks
Flour
Salt and pepper
3 tablespoons fat

Heat fat in skillet. Dredge steaks in flour; sprinkle with salt and pepper. When fat is moderately hot, add steak; cook until brown on both sides, turning occasionally and cooking about 6 minutes.

7. While steak is cooking, cut 5 slices of bread into 3 strips lengthwise. Toast on one side; spread butter or margarine on untoasted side; sprinkle with garlic salt and toast.

8. Toss salad.

9. Serve meal.

Menu

Salmon Croquettes
Quick Scalloped Potatoes Seasoned English Peas
Apple and Raisin Salad
Warm Crackers
Ice Cream
Milk

1. Set the table.

2. Prepare croquette mixture; place in refrigerator to chill before shaping.

1 1-pound can salmon, drained and flaked
3 eggs
½ cup soft bread crumbs
1 tablespoon minced onion
1 teaspoon salt
¼ teaspoon pepper
1 cup fine cracker crumbs

Combine salmon, 2 eggs, bread crumbs, onion, salt and pepper. Chill. Shape into croquettes and dip in 1 egg, beaten; roll in cracked crumbs. Fry in hot fat about ¼ inch deep in heavy skillet over medium heat until brown, turning once. Serves 4.

3. Wrap crackers in foil or put in paper sack in 300° F. oven to warm.

4. Prepare potatoes.

1 tablespoon butter or margarine
1 can condensed mushroom soup
½ cup milk
1 tablespoon minced onion
4 medium sized potatoes, thinly sliced

Grease bottom of pressure saucepan with butter or margarine. Combine soup, milk and onion. Place potatoes and mushroom soup mixture in cooker alternately, reserving enough soup to cover the top layer. Cook at 15 pounds pressure 10 minutes. Cool quickly. Serves 4.

5. Begin heating fat for croquettes.

6. Start cooking peas.

7. Fry croquettes.

8. Make salad while croquettes brown.

9. Serve meal.

Menu

Broiled Chicken

Corn Broccoli
Lettuce Wedge with French Dressing
Toasted Buttered Buns
Fruit Compote
Milk

1. Start broiling chicken.

2 chickens, 1½ to 2 pounds, split in half
¼ teaspoon pepper
1 teaspoon salt
2 tablespoons sesame seed, optional
½ cup melted butter or margarine

Place chicken, skin side down, on cold broiler rack. Sprinkle with salt and pepper; brush with melted butter or margarine, combine with sesame seed. Place broiler pan in preheated compartment so top surface of chicken is 4 inches from source of heat. Broil 10 minutes. Turn, brush chicken with melted butter or margarine. Broil 10 minutes longer. Continue broiling 25 minutes, basting and turning occasionally. Spread split hot dog or hamburger buns with butter or margarine and lay to side of broiler. Toast while chicken browns.

2. Start cooking canned, frozen or fresh corn, seasoned with salt, pepper and butter or margarine.

3. Set the table.

4. Prepare fruit compote and salad and place in refrigerator.

5. Start cooking broccoli.

6. Add buns to broiler.

7. Serve meal.

Menu

Broiled Ham Slice

Fluffy Sweet Potatoes English Peas
Pineapple and Apple Salad
Easy Chocolate Ice Cream
Milk

1. Make ice cream early in day or night before.

1 package chocolate pudding
1½ cups milk
½ cup strong coffee
¼ cup sugar
1 cup cream, whipped

Prepare pudding according to directions on package using milk and coffee for liquid. Add sugar and stir until dissolved. Cool. Fold in cream. Pour into cold bowl and whip with rotary beater. Return to freezing tray and freeze until firm. Makes 1½ pints.

2. Start cooking potatoes.

4 sweet potatoes
½ cup water
¼ cup orange juice
1 tablespoon cream
Dash nutmeg
¼ cup chopped nuts (optional)

Place potatoes and water in pressure saucepan. Cook at 15 pounds pressure for 15 minutes. Reduce pressure instantly. Drain. Remove potato jackets and return to saucepan. Mash and add remaining ingredients. Stir until ingredients are well blended and potatoes are fluffy. Serves 4.

3. Start broiling ham.

1 1½-inch ham slice

Slash fat edges of ham to prevent curling. Place on cold broiler rack. Put on compartment so surface of ham is 3 inches from source of heat. Broil 10 minutes on each side. Serves 4.

4. Make salad and place in refrigerator.

5. Set the table.

6. Start cooking seasoned canned or frozen peas.

7. Finish potatoes.

8. Serve meal.

Menu

Corned Beef Casserole
Green Beans
Cabbage and Carrot Salad
Apple Fluff on Cake
Milk

1. Set the table.

2. Cook ¾ cup noodles in unsalted water.

3. Make salad and put in refrigerator, ready to toss with dressing before serving.

4. Make apple fluff and put in refrigerator, ready to spoon on cake at serving time.

1 cup thick applesauce
1 tablespoon lemon juice
1 cup whipping cream, stiffly beaten

Combine applesauce and lemon juice. Fold into cream and serve on slices of angel food, pound or sponge cake.

5. Start cooking frozen, fresh or canned green beans.
6. Make casserole.

1 can condensed cream of chicken soup
 1/2 cup evaporated milk or 1/4 cup whole milk
 1 12-ounce can corned beef, cut up
 1 cup grated American cheese

1/3 cup finely cut onion
 1 1/2 cups cooked noodles
 1/2 cup crumbled potato chips or bread crumbs

Combine soup, evaporated milk, corned beef, cheese, onion and noodles in a 1-quart casserole. Top with potato chips or bread crumbs. Bake at 425° F. 15 minutes or until bubbly hot. Serves 4.

7. Finish salad and dessert.

8. Serve meal.



Quick Meal Menu Suggestions

Individual Meat Loaves
 Hash-browned Potatoes
 Green Vegetable
 Tossed Salad
 Fruit Crisp
 Milk

Fried Fish
 Whipped Potatoes
 Green Vegetable
 Slaw
 Upside-down Cake
 Milk

Baked Ham Slice
 Mashed Sweet Potatoes Succotash
 Tossed Salad
 Ice Cream topped with
 Crumbled Gingersnaps
 Milk

Broiled Sausage Patties
 with Pineapple Rings
 Corn
 Tossed Salad
 Gingerbread
 Milk

Pork Chops
 Rice Broccoli
 Congealed Fruit Salad
 Instant Pudding Chilled in
 Graham Cracker Crust
 Milk

Broiled Meat Patties
 Potato Salad Okra
 Lettuce-Tomato Salad
 Cake Rolled in Milk and
 Coconut and Broiled
 Milk

Meat and Vegetable Soup
 Spinach Salad
 Corn Sticks
 Sheet Cake Frozen, Canned or
 Fresh Fruit
 Milk

Luncheon Meat and
 Pork and Bean Casserole
 Carrots
 Fruit Salad
 Baked Custard
 Milk

Ham Hock and Cabbage
 Buttered Beets
 Relish Plate
 Corn Bread
 Fresh Fruit
 Milk

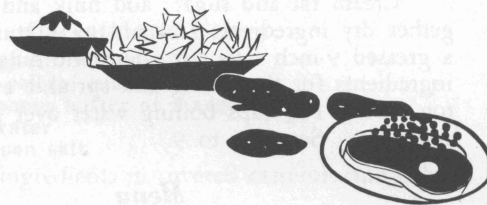
Liver
Green Beans Boiled Potatoes
Sliced Tomato Salad
Peaches with Cream
Milk

Creamed Tuna on Toast
Whole Grain Corn
Spiced Peaches
Bought Cake with Custard Sauce
Milk

Glazed Canned Luncheon Meat
Parsley Potatoes
Asparagus with Lemon-Butter Sauce
Pears
Milk

Beef Hash
Green Lima Beans
Cabbage and Green Pepper Salad
Frozen Peach Pie
Milk

Shrimp Creole on Rice
Buttered String Beans
Relish Plate
Apple Betty
Milk



Oven Meals

Oven meals make for wise use of time because the entire meal, except for the salad, can be prepared and placed in the oven to cook, thus eliminating watching the food. This gives the homemaker time to do other tasks while the meal is cooking.

In planning oven meals these factors should be considered: all foods should cook at the same temperature and for the same period of time. However, in some instances, the main course may be placed in the oven for a longer period and vegetables added later; for example, Swiss steak and broccoli.



Menu

Barbecued Franks
Scalloped Corn Green Beans
Hot Dog Rolls Celery Sticks
Chocolate Upside-down Cake
Milk

Baking time: 30 minutes

Baking temperature: 350° F.

Barbecued Franks

8 frankfurters
¼ cup chopped onion
2 teaspoons sugar
¾ teaspoon dry mustard
¼ teaspoon salt
⅛ teaspoon pepper
1 teaspoon paprika
¼ cup vinegar
6 tablespoons catsup
1 teaspoon Worcestershire sauce
½ cup water

Slit almost through frankfurters. Place cut-side-down in shallow baking dish. Combine remaining ingredients and pour over frankfurters. Bake. Serves 4.

Scalloped Corn

1 No. 2 can whole kernel corn
1 cup coarse cracker crumbs
1 egg, slightly beaten
¾ teaspoon salt
⅛ teaspoon pepper
3 tablespoons butter or margarine
1 cup milk

Drain corn and combine with remaining ingredients. Pour into greased casserole and bake. Serves 4.

Green Beans

- 1 No. 303 can green beans
- 2 tablespoons butter or margarine
- Salt and pepper

Place green beans in casserole. Dot with butter or margarine; sprinkle with salt and pepper. Cover and bake. Serves 4.

Chocolate Upside-down Cake

- 1 tablespoon butter or margarine
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup milk
- 1 cup flour
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon baking powder
- $1\frac{1}{2}$ tablespoons cocoa
- $\frac{1}{2}$ cup chopped nuts

FILLING

- $\frac{1}{2}$ cup white sugar
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{4}$ cup cocoa

Cream fat and sugar; add milk and stir. Sift together dry ingredients and add to mixture. Pour into a greased 9-inch cake pan. Sprinkle nuts on top. Mix ingredients for the filling and sprinkle evenly over the top. Pour $1\frac{1}{4}$ cups boiling water over all ingredients and bake. Serves 6 to 9.

Menu

Texas Hash
Tossed Green Salad
Garlic Bread
Fudge Pie
Milk

Baking time: 30 minutes

Baking temperature: 350° F.

Texas Hash

- 1 cup chopped onion
- 2 tablespoons shortening
- 1 pound ground beef
- 1 cup chopped green pepper
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- $1\frac{1}{2}$ teaspoons chili powder
- $\frac{1}{2}$ cup uncooked rice
- 1 12-ounce package frozen English peas
- 1 No. 2 $\frac{1}{2}$ can tomatoes

Saute onions in shortening in a 10-inch skillet until brown. Add beef and cook until brown. Stir in green pepper, salt, pepper, chili powder and rice. Place peas in center of mixture. Pour tomatoes over mixture. Cover and bake. Serves 6.

Garlic Bread

- 1 loaf French bread
- $\frac{1}{2}$ cup butter or margarine
- $\frac{1}{4}$ teaspoon garlic powder or
- 1 small clove garlic, crushed
- Paprika

Cream together butter or margarine and garlic. Slice French bread into $\frac{1}{2}$ -inch slices; spread 1 side of each slice with butter mixture. Sprinkle with paprika. Place on ungreased baking sheet and bake during last 15 minutes with Texas Hash. Makes 12 slices.

Fudge Pie

- 2 1-ounce squares unsweetened chocolate
- $\frac{1}{2}$ cup butter or margarine
- 1 cup sugar combined with $\frac{1}{4}$ cup sifted flour
- 2 eggs

Melt chocolate and butter or margarine over low heat. Add sugar and flour and 2 eggs. Mix well. Pour into a greased 8-inch pie pan. Bake with Texas Hash.

To Serve: Cut in wedges and top with whipped cream. Serves 6.

Menu

Baked Fish with Butter Sauce
Potatoes with Cheese
Slaw
French Bread
Oatmeal Peach Crumble
Milk

Baking time: 30 minutes

Baking temperature: 375° F.

Baked Fish with Butter Sauce

- $\frac{1}{4}$ cup melted butter or margarine
- 1 tablespoon lemon juice
- 1 teaspoon minced onion
- 1 teaspoon Worcestershire sauce
- 2 teaspoons minced parsley
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- $1\frac{1}{2}$ pounds thawed frozen fish fillets

Combine all ingredients except fish. Dip fish in mixture and arrange in shallow baking dish. Pour remaining sauce over fish. Bake, uncovered. Serves 6.

Oatmeal Peach Crumble

- 1 No. 3 can sliced peaches
- 2 tablespoons lemon juice
- 1 teaspoon cinnamon
- $\frac{1}{4}$ cup brown sugar
- 1 tablespoon butter
- $\frac{1}{4}$ cup melted fat
- $\frac{1}{3}$ cup brown sugar
- $\frac{2}{3}$ cup sifted flour
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ teaspoon soda
- $\frac{2}{3}$ cup quick oatmeal
- $\frac{1}{2}$ teaspoon vanilla

Pour syrup from peaches. Arrange peaches in a shallow, greased baking dish; sprinkle with lemon juice, cinnamon, $\frac{1}{4}$ cup brown sugar and dots of butter. Combine melted shortening and $\frac{1}{3}$ cup brown sugar. Sift flour, salt and soda together and mix with oatmeal. Blend with the sugar mixture, crumbling well. Add vanilla. Spread oatmeal mixture over peaches and bake. Serve with cream. Serves 6.

Potatoes with Cheese

- 1 No. 2 can or $1\frac{1}{3}$ cups cooked whole new potatoes, drained
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{8}$ teaspoon red pepper
- $\frac{1}{4}$ cup liquid drained from potatoes
- 2 tablespoons butter or margarine
- $\frac{1}{4}$ cup crushed cornflakes
- $\frac{1}{2}$ cup grated American cheese

Place potatoes in a greased 1½-quart baking dish. Add liquid and seasonings. Dot with butter or margarine. Top with corn flakes and cheese. Cover and bake. Serves 6.

Menu

Buttered Green Peas Salmon Loaf
Pan-browned Potatoes
Cinnamon Apples
Milk

Baking time: 30 minutes

Baking temperature: 375° F.

Salmon Loaf

1 1-pound can salmon
¼ cup shortening
½ onion, finely chopped
1½ cups soft bread crumbs (about 2½ slices)
1 teaspoon salt
¼ teaspoon pepper
Salmon liquid
Milk
1 tablespoon lemon juice
¼ teaspoon grated lemon rind
1 tablespoon chopped parsley
1 egg, slightly beaten

Crush bones of salmon and separate into flakes. Melt shortening in frying pan. Add onion and cook until tender. Add bread crumbs, salt and pepper and brown lightly. Put salmon liquid into a cup and pour in enough milk to make 1 cup. Combine salmon, crumbs and liquid. Add lemon juice, lemon rind, parsley and egg and mix. Pour into 8-inch greased casserole. Bake. Serves 4.

Pan-browned Potatoes

Leftover cooked potatoes
Salt and pepper
½ cup melted margarine or butter
1 cup crushed corn flakes

Use whole small or large potatoes quartered. Season potatoes; dip in melted margarine or butter and then in crushed corn flakes. Place in baking dish. Cover and bake. Serves 4.

Buttered Green Peas

3 slices breakfast bacon or 3 tablespoons
bacon fat, margarine or butter
1 No. 2 can or 1 package frozen green peas
Salt and pepper

Cut bacon into 1-inch pieces. Fry on medium heat until crisp. Place peas in small casserole; add bacon, ¼ cup water or liquid from peas and seasonings. Cover and bake. Serves 4.

Cinnamon Apples

2 to 3 apples
1 tablespoon lemon juice
¼ cup sugar
2 tablespoons cinnamon drops

Pare apples and cut into thin slices. Place in 1-quart baking dish; sprinkle with lemon juice, sugar and cinnamon drops. Cover and bake. Stir slightly to make a pink applesauce. Serves 4.

Menu

Corned Beef Pie
Carrots and Celery Golden Corn Squares
Minted Pears
Milk

Baking time: 25 minutes

Baking temperature: 400° F.

Corned Beef Pie

1 egg, slightly beaten
1 1-pound can corned beef hash
½ cup catsup
2 cups cooked Lima beans
¼ pound processed American cheese, cubed
3 tablespoons milk
½ teaspoon dry mustard

Combine beaten egg, corned beef hash and catsup; mix thoroughly. Press into bottom and sides of greased 8-inch pie pan. Spread Lima beans over hash. Place cheese, milk and mustard in saucepan. Heat slowly until cheese is melted. Pour cheese mixture over top of Lima beans. Bake. Serves 8.

Carrots and Celery

8 carrots, cut in strips
3 stalks celery, cubed
2 tablespoons butter or margarine
½ cup water
½ teaspoon salt

Place all ingredients in covered casserole and bake. Serves 8.

Corn Bread (Sweet Milk)

1 cup yellow corn meal
1 cup flour
¼ cup sugar, optional
½ teaspoon salt
3 teaspoons baking powder
1 egg
1 cup sweet milk
¼ cup shortening

Sift together the corn meal, flour, baking powder, salt and sugar. Beat egg, add milk and shortening and combine with dry ingredients. Pour into hot greased bread pan and bake. Serves 8.

Minted Pears

2 No. 2½ cans pears, drained
2 lemons, thinly sliced
3 to 4 drops peppermint extract
Few drops green food coloring

Arrange pears, hollow-side up, in 6" x 10" baking dish; place lemon slices on top of pears. Add peppermint extract and green food coloring a drop at a time to pear juice; mix thoroughly. Pour juice over pears. Bake. Serve hot or cold. Serves 8.

NOTE: If desired, pare, core and cut in half 8 winter or summer pears.

Menu

Bean Loaf
Cole Slaw
Toasted Corn Bread
Fresh Fruit
Milk

Baking time: 25 minutes

Baking temperature: 350° F.

Bean Loaf (with Tomato Sauce)

- 1 No. 2 can kidney beans, drained
- ½ pound American cheese
- 1 onion, chopped fine
- 1 tablespoon butter or margarine
- Salt and pepper to taste
- 2 eggs, well beaten
- 1 cup buttered bread crumbs
- 1 can tomato sauce

Put beans and cheese through food chopper or mash fine. Brown onion in butter or margarine. Combine with ground mixture and season with salt and pepper. Add eggs. Mix well and pack into greased loaf pan; top with bread crumbs. Bake. Serve with heated tomato sauce. Serves 4.

Toasted Corn Bread

Split left-over corn bread in half; dot with butter and toast on cookie sheet in oven last 15 minutes of cooking time for bean loaf.

Menu

- Hawaiian Pork
- Asparagus and Green Pepper Ring Salad
- Chocolate Chip Bread Pudding
- Milk

Baking time: 1 hour

Baking temperature: 350° F.

Hawaiian Pork

- 2 cups crushed pineapple
- 4 medium sized sweet potatoes
- Brown sugar
- 4 pork steaks, seasoned with salt and pepper

Place pineapple in large baking pan. Pare and slice sweet potatoes; place over pineapple and sprinkle with brown sugar. Place pork chops on top of potatoes. Cover and bake. To brown, remove cover for last 10 minutes. Serves 4.

Chocolate Chip Bread Pudding

- 2 cups small bread cubes
- ½ cup chocolate chips
- ⅓ cup chopped nuts
- 3 eggs, well beaten
- ½ cup sugar
- ¼ teaspoon salt
- 1½ cups milk
- 1 teaspoon vanilla

Combine bread cubes, ¼ cup chocolate chips and nuts in a 1½-quart casserole. Combine eggs, sugar, salt, milk and vanilla and pour over bread cubes. Top with ¼ cup chocolate chips. Place casserole in pan of hot water and bake. Serve with top milk or cream. Serves 6.

Menu

- Crunchy Oven Chicken
- Parmesan Cauliflower
- Baked Carrots
- Hot French Bread
- Rosy Pears
- Milk

Baking time: 1 hour

Baking temperature: 375° F.

Crunchy Oven Chicken

- ½ cup butter or margarine
- 2 cups crushed potato chips, cereal or bread crumbs
- ¼ teaspoon garlic salt
- Dash pepper
- 1 2½ to 3-pound frying chicken, disjointed

Melt butter or margarine. Combine potato chips, cereal or bread crumbs, garlic, salt and pepper. Dip chicken in melted butter or margarine, then in potato chip mixture. Place pieces, skin side up, so they do not touch, in greased shallow baking pan. Bake uncovered. Serves 4.

Parmesan Cauliflower

- 1 10-ounce package frozen cauliflower
- ¼ teaspoon salt
- ¼ cup water
- 4 tablespoons melted butter or margarine
- 2 tablespoons Parmesan cheese

Place package of frozen cauliflower, water and salt in 1-quart baking dish. Cover and bake. Drain. Combine melted butter or margarine and Parmesan cheese; pour over hot cauliflower. Serve at once. Serves 4.

Baked Carrots

- 4 medium carrots, halved
- ½ cup water
- 1 teaspoon sugar
- Salt

Pare and slice carrots. Add water, sugar and salt. Place in a covered casserole and bake. Serves 4.

Rosy Pears

- 4 large pears
- ½ cup sugar
- ⅓ cup water
- 3 tablespoons lemon juice
- Few drops red food coloring

Peel pears, leaving stems, and place in shallow baking dish. Combine, bring to boil and pour sugar, water, lemon juice and food coloring over pears. Bake uncovered. Serves 4.

Menu

- Baked Ham Slice
- Succotash
- Baked Sweet Potatoes
- Rye Bread
- Baked Apples
- Milk

Baking time: 1 hour

Baking temperature: 350° F.

Baked Ham Slice

- 1 1½-inch slice ham
- 2 tablespoons honey or corn syrup
- ¼ cup brown sugar
- 2 tablespoons orange juice

Slash edge of fat in several places to keep ham from curling during baking. Place in 1½ or 2-quart casserole. Combine honey or corn syrup, brown sugar and orange juice; spread over ham. Bake at 350° F. 1 hour. Serves 4.

Succotash

- 1 package frozen succotash
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup water

Place ingredients in casserole, cover and bake during last 30 minutes of oven meal. Serves 4.

Baked Sweet Potatoes

Wash 4 medium sized sweet potatoes and place on oven rack to bake with ham slice. Slash top while hot and dot with butter or margarine. Serves 4.

Baked Apples

- 4 apples
- 4 teaspoons sugar
- 4 teaspoons raisins
- $\frac{1}{4}$ cup water

Wash and core apples. Place in a baking dish and put 1 teaspoon of sugar and 1 teaspoon of raisins in the center of each apple. Add water, cover and bake. Serves 4.

Menu

- Veal Steak
- Blackeye Peas
- Creole Onions
- Relish Tray
- Cherry Pudding
- Milk

Baking time: * 1 hour

Baking temperature: 350° F.

Veal Steak

- 2 pounds veal steak
- 1 egg, well beaten
- Bread crumbs
- 4 tablespoons shortening
- 1 cup water
- 1 tablespoon Worcestershire sauce
- Salt and pepper

One-dish Meals

One-dish meals usually consist of a combination of foods cooked in one dish. A salad, bread and possibly a dessert, completes a one-dish meal.

Often one-dish meals can be prepared in the early part of a busy day and cooked or reheated just before mealtime. Less expensive meats can be used and it is a good way to use leftovers. Some one-dish meals can be frozen, thereby making a meal easier to prepare.

One-dish meals usually contain a substantial amount of protein food such as meat, fish, cheese, eggs, dried beans, and peas, and one starchy food and/or other vegetables. These meals should be made colorful by using carrots, peas, string beans, tomatoes or green peppers, and should be cooked only until foods are tender—not mushy. Substitutions may be made in recipes with vegetables

Dip veal in egg and crumbs. Brown veal steak in shortening. Place in casserole or baking dish. Add water, Worcestershire sauce and seasoning to drippings left in skillet. Pour over veal, cover and bake. Serves 4.

Blackeye Peas

- 3 slices breakfast bacon or 3 tablespoons bacon fat, margarine or butter
- 1 No. 2 can or 1 package frozen blackeye peas
- Salt and pepper

Cut bacon into 1-inch pieces. Fry on medium heat until crisp. Place peas in small casserole; add bacon, $\frac{1}{4}$ cup liquid from peas and seasoning. Cover and bake. Serves 4.

Creole Onions

- 4 medium sized onions, sliced
- 2 tablespoons chopped green pepper
- 2 tablespoons chopped celery
- $\frac{1}{2}$ cup canned tomatoes
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 tablespoon butter or margarine

Place onions in baking dish. Add green pepper, celery, tomatoes and seasoning. Cover and bake. Serves 4.

Cherry Pudding

- 1 No. 2 can sour, pitted cherries
- 1 cup sugar
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon cornstarch
- 1 tablespoon lemon juice
- $\frac{1}{2}$ cup all-purpose flour
- 1 teaspoon grated lemon rind
- $\frac{1}{4}$ cup butter or margarine

Combine cherries, half of sugar, salt, cornstarch and lemon juice. Place in greased 2-quart casserole. Mix remaining ingredients with a pastry blender; place on top of fruit mixture. Bake uncovered. Serves 6.

of similar texture and quality, such as string beans for peas. One-dish meals and menu suggestions follow; try these and then prepare quick menus using your family's favorite food combinations.

Deep Sea Delight

- 3 cups noodles
- 1 medium sized can tuna fish
- 2 cups cooked peas or asparagus
- 1 small green pepper, finely cut
- 1 cup grated cheese
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 can mushroom soup
- $\frac{1}{2}$ cup milk

Boil noodles 3 minutes in 4 cups of water. Let stand 5 minutes. Mix all the ingredients except enough cheese to sprinkle over the top. Pour into casserole and bake at 325° F. 15 to 20 minutes. Serves 4.

Serve with tossed salad, toasted celery bread and fruit compote.



TOASTED CELERY BREAD

- 1/2 cup butter or margarine
- 1/4 teaspoon salt
- Dash cayenne pepper
- 1/4 teaspoon paprika
- 1/2 teaspoon celery seed
- 1 loaf French bread

Softener butter or margarine; blend in remaining ingredients except bread. Slice all crusts from bread. Cut down middle of loaf lengthwise almost through to bottom. Cut at 2-inch intervals crosswise, also from top almost through to bottom. Spread butter mixture over entire surface, excepting bottom, and into all cuts. Place on cookie sheet or in shallow pan. Bake at 350° F. about 20 minutes or until golden brown. Serve hot in loaf form or cut apart.

Deviled Eggs Deluxe

- 6 hard-cooked eggs
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon dry mustard
- 1 tablespoon Worcestershire sauce
- About 2 tablespoons salad dressing or vinegar to moisten
- 1/3 cup milk
- 1 No. 303 can asparagus
- 1 can cream of mushroom soup
- 1/4 cup bread crumbs

Halve eggs and slip out yolks. Mash yolks with seasonings and moisten with salad dressing or vinegar. Refill whites with yolk mixture, heaping lightly. Grease 1 1/2-quart casserole. Line with asparagus and top with deviled eggs. Combine soup and milk; pour over eggs and sprinkle with bread crumbs. Bake at 350° F. 30 minutes. Serves 6.

Serve with spiced peaches, relish tray of carrots, celery and olives, brown-and-serve rolls, pineapple crisp and milk.

PINEAPPLE CRISP

- 4 cups thinly sliced, pared apples
- 3 cups diced canned pineapple slices
- 1 tablespoon fresh, frozen or canned lemon juice
- 3/4 cup brown sugar, packed
- 1/4 cup melted butter or margarine
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 1/2 cups crushed corn flakes

Heat oven. Arrange alternate layers of apples and pineapple in 1 1/2-quart casserole. Sprinkle on lemon juice. Combine rest of ingredients; sprinkle over fruit. Cover; bake 30 minutes at 350° F. Uncover; bake 15 minutes longer or until apples are tender. Serve warm with cream. Serves 6.

Beef Casserole

- 2 pounds round steak, cut into 1-inch cubes
- 3 tablespoons shortening
- 6 potatoes
- 6 large carrots
- 6 small onions
- 1 No. 2 can tomatoes, drained (save liquid)
- 3 tablespoons flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 1 cup liquid from tomatoes (if necessary, add water to make 1 cup)

Brown steak in shortening. Place steak in 3-quart casserole. Arrange potatoes, carrots, onions and tomatoes over meat in casserole. Add flour, salt, pepper, Worcestershire sauce and liquid from tomatoes to shortening. Pour over vegetables and cover. Bake at 350° F. 1 hour. Serves 6.

Serve with lettuce wedge, bread and apricot swirl.

APRICOT SWIRL

Combine 1/2 cup apricot nectar, 1 tablespoon sugar and 3/4 teaspoon cornstarch in a saucepan and cook over low heat, stirring constantly until thick and clear. Cool. Soften 1 quart vanilla ice cream and swirl apricot sauce through cream. Freeze until firm.

Five-layer Dinner

- 2 tablespoons chopped onion
- 1 tablespoon shortening
- 1 cup cooked ground meat
- 2 teaspoons salt
- 1/8 teaspoon pepper
- 1/4 teaspoon chili powder
- 1 cup cooked potatoes, sliced or cubed
- 1 cup string beans, cooked
- 1 cup corn, cooked
- 4 medium sized tomatoes, sliced
- 1 teaspoon sugar
- 2 tablespoons grated cheese
- 1 tablespoon chopped parsley

Cook onion in the fat until almost tender. Add meat and 1 teaspoon of salt. Then add pepper and chili powder. Stir until well blended. Place in a well greased 1 1/2-quart casserole.

Place the potatoes over the meat; add a layer of string beans and a layer of corn. Sprinkle each layer with salt.

Top with layer of tomatoes. Sprinkle with remaining salt and sugar; then add cheese and parsley. Bake at 350° F. 25 minutes. Serves 6.

Serve with cabbage and green pepper salad, bread, instant butterscotch pudding topped with crushed peanut brittle, and milk.

Ham and Green Bean Bake

- 1 can condensed cream of mushroom soup
- $\frac{1}{3}$ cup milk
- 1 No. 2 can small whole onions, drained (or 2 cups cooked onions)
- 1 cup slivered, cooked ham
- 1 cup cooked green beans
- $\frac{1}{2}$ cup buttered fresh bread crumbs

Heat oven to 375° F. In 2-quart casserole, blend cream of mushroom soup with milk; add onions, ham and green beans. Sprinkle top with buttered crumbs. Bake 20 minutes, or until hot and bubbly. Serves 4.

Serve with tomatoes and cucumbers, brown-and-serve rolls, hasty cobbler and milk.

HASTY FRUIT COBBLER

- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ cup sugar
- 2 cups fruit and juice
- 1 teaspoon baking powder
- $\frac{1}{2}$ cup milk or cream

Mix flour, sugar, baking powder and milk or cream. Dot a baking pan with butter or margarine. Pour mixture into pan. Pour some juicy fruit on top of the batter such as canned berries, cherries, peaches or pineapple. Fresh stewed fruit may be used. Bake at 375° F. 30 minutes. Serves 4 to 6.

Turkey Buffet Casserole

- 2 cups medium wide noodles ($\frac{1}{4}$ pound)
- 1 package frozen broccoli
- $\frac{1}{4}$ teaspoon prepared mustard
- $\frac{1}{3}$ cup milk
- 1 can cream of celery soup
- 1 cup grated process American cheddar cheese ($\frac{1}{4}$ pound)
- 2 cups cut-up, cooked turkey or chicken
- $\frac{1}{2}$ cup slivered, toasted or salted almonds

In separate saucepans, cook noodles and broccoli, as package directs, until tender. Combine and heat soup, milk, cheese and mustard. Remove from heat. Drain noodles and broccoli. Dice broccoli stems; leave flowerets whole. Arrange noodles, broccoli stems and turkey in shallow casserole or 8-inch square baking dish; pour soup mixture over them. Arrange broccoli flowerets on top, pressing them lightly into sauce; sprinkle

with almonds. Bake at 350° F. 15 minutes. Serves 4 to 6.

HAM BUFFET CASSEROLE

You may substitute for turkey, 2 cups cut-up cooked ham (or tongue), or 1 cup cooked ham plus 1 cup cooked turkey (or chicken).

Serve with apple and cabbage salad, garlic bread, pound cake topped with instant pudding, and milk.

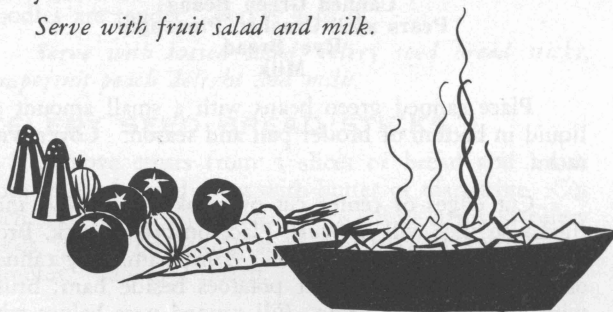
Savory Veal Casserole

- $\frac{1}{4}$ cup flour
- $1\frac{1}{2}$ pounds boned veal shoulder, cubed
- 3 tablespoons fat
- 1 No. 2 can tomatoes
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon oregano
- $\frac{1}{8}$ teaspoon pepper
- 1 package frozen green peas, thawed
- 1 package canned biscuits
- Butter or margarine
- Grated Parmesan cheese

Heat oven to 350° F. Put flour in a paper bag. Shake the veal pieces, a few at a time, in the bag to coat them with flour. Brown floured veal cubes in hot fat in a large skillet. Drain off $\frac{1}{2}$ cup liquid from the tomatoes. Combine browned veal, canned tomatoes, salt, oregano and pepper in a casserole dish and bake 1 hour.

Remove casserole from oven and raise temperature to 425° F. Stir peas into meat mixture; place biscuits on top. Place a sliver of butter or margarine and a generous sprinkle of grated cheese on each biscuit. Bake about 12 minutes longer, until biscuits are browned nicely. Serves 6.

Serve with fruit salad and milk.



Broiler Meals

Broil means to cook by direct heat. It may be done over hot coals, under a gas flame or an electric unit. Broiler meals simplify dish washing because the whole meal can be cooked in one pan. Intense heat shortens the cooking time.

The following foods are suitable for broiling:

Meats—hamburger, young chicken or turkey, fish, bacon, liver, chops, tenderloin, tender steaks and cured sausage or ham

Canned or cooked fruits—pineapple, pears, peaches, prunes, apricots and apple wedges

Fresh fruits—peaches, pears, bananas, ap-

ple rings or wedges and grapefruit halves

Canned or cooked vegetables—corn, potatoes, string beans, asparagus, carrots, winter squash, sweet potatoes, onions, peas

Fresh vegetables—onion slices, potatoes sliced thin, mushrooms, summer squash, tomatoes

Foods selected should cook in the same period of time or foods requiring less cooking time can be added at the time food requiring the longest cooking time is turned. Follow the manufacturer's directions for broiling temperature in your range.

Menu

Broiled Luncheon Meat
Mashed Potato Patties
Canned Spinach
Sliced Tomatoes
Bread
Ice Cream
Milk

Season spinach with bacon drippings. Place in bottom of broiler pan. Cover with rack. Cut canned luncheon meat into $\frac{1}{4}$ -inch slices. Glaze with brown sugar and stud with cloves. Arrange mashed potato patties around meat. Brush patties with cream and dust with paprika. Broil 4 inches from heat until browned, about 8 minutes. Turn, broil 5 minutes, or until brown. Brush meat and patties again and continue broiling until done. Serves 4.

Menu

Broiled Fish Fillets
Baby Limas and Corn
Broiled Grapefruit
Whole Wheat Bread
Milk

Put 1 can green limas and 1 can whole kernel corn, separated, in bottom of broiler pan. Season. Put rack on top. Brush fillets with a mixture of $\frac{1}{4}$ cup butter or margarine and 2 tablespoons lemon juice. Place on rack with grapefruit halves seasoned with brown sugar. Broil 3 inches from heat 10 minutes. Serves 4.

Menu

Broiled Ham with Sweet Potatoes
Canned Green Beans
Pears with Crushed Pineapple
Rye Bread
Milk

Place canned green beans with a small amount of liquid in bottom of broiler pan and season. Cover with rack.

Cut edges of center cut of smoked ham ($\frac{1}{2}$ inch thick) so slice will not curl. Place on broiler rack. Broil 3 inches from heat 8 minutes. Turn ham. Lay canned or cooked halves of sweet potatoes beside ham; brush with butter or margarine. Fill canned pear halves with

crushed pineapple; place on rack and drizzle with French dressing. Broil 7 minutes or until potatoes are tinged with brown and pears are hot. Serves 4.

Menu

Barbecued Bologna
Hot Green Bean Salad **Potato Chips**
Toasted Parsley Strips
Pineapple Sherbet
Milk

Combine a No. 2 can green beans, drained, $\frac{1}{4}$ cup chopped onion, $\frac{1}{4}$ cup chopped pimiento, and 4 slices cooked bacon, crumbled. Combine and add to bean mixture, $\frac{1}{4}$ cup vinegar, $\frac{1}{4}$ cup salad oil, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, $\frac{1}{4}$ teaspoon dry mustard. Stir until beans are well coated with dressing. Place in cold broiler pan under rack.

Place 4 slices bologna, 1 inch thick on cold broiler rack. Broil 3 inches from heat 8 minutes. Turn slices, score surface and spread with $\frac{1}{2}$ cup chili sauce. Continue broiling 5 minutes. Serves 4.

Cream $\frac{1}{4}$ cup butter or margarine. Add 2 tablespoons grated American cheese, 1 tablespoon light cream or top milk, 1 tablespoon minced parsley. Cut 4 slices of bread into 3 strips. Spread strips with butter or margarine mixture. Broil 3 inches from heat until golden brown. Yields approximately 1 dozen strips.

Menu

Liver with Thin Onion Rings
Broiled Tomato Halves
Canned or Cooked Buttered Potatoes
Lettuce Wedges
Whole Wheat Bread
Ice Cream
Milk

Slice liver of uniform thickness. Dip in French dressing and let stand about 5 minutes, or brush with fat. Place on broiling rack and broil 4 inches from heat 7 to 10 minutes. Turn and add vegetables brushed with fat and seasoned; broil 7 to 10 minutes longer. Sprinkle tomatoes with Parmesan cheese about 5 minutes before broiling time is up. Serves 4.

Menu

Chicken with Lemon Butter
Canned Asparagus
Canned Whole Kernel Corn
Tossed Salad
Toasted Bread
Chocolate-Mint Pudding with Coconut Topping
Milk

Place asparagus and corn, separated, in the bottom part of the broiling pan. Season as desired. Split 2 broiler chickens ($1\frac{1}{2}$ to 2 pounds) down the back. Brush with lemon butter made by melting stick of butter or margarine and adding juice of 1 lemon, 1 teaspoon salt, $\frac{1}{4}$ teaspoon garlic salt and/or $1\frac{1}{2}$ teaspoons paprika. Place broilers, skin side up, on the broiling pan. Broil 4 inches from heat 25 minutes. Turn, and broil 25 minutes or until done. Chicken is done when leg moves easily in joint. Serves 4.





Menu

Hamburger Patties
Baked Beans
Lettuce and Tomato Salad
Toasted Buns
Fresh Fruit
Milk

Add 1 tablespoon prepared mustard and $\frac{1}{4}$ cup

Top-of-the-range Meals

Complete meals can be put together and placed on the range to cook while the homemaker sets the table, tosses a salad and fixes the beverage for the meal. They should be planned around a protein food such as meat, cheese, eggs, poultry, fish or dried beans and peas. Many combinations of protein foods with fruits, vegetables or both can be prepared to give hearty and appetizing meals. Main dish recipes follow with suggestions for other foods which may be served with them.

Apple-Kraut Pork Chops

4 pork chops, 1 inch thick
 $2\frac{1}{2}$ cups sauerkraut (No. 2 can)
1 teaspoon caraway seed
 $\frac{1}{3}$ cup brown sugar
3 tablespoons chopped onion
 $1\frac{1}{2}$ cups peeled, thinly sliced tart apples

Brown pork chops in deep heavy skillet or Dutch oven. Remove chops. Place sauerkraut, caraway seed, brown sugar, chopped onions and tart apples in skillet. Mix well. Arrange browned pork chops over top. Cover and simmer 45 minutes. Serves 4.

Serve with corn bread muffins, caramel cake and milk.

CARAMEL CAKE

Sprinkle bottom of greased 9-inch cake pan with 2 tablespoons sugar and 3 tablespoons chopped nuts. Pour on 1 cup caramel sauce made by heating 28 caramels in $\frac{1}{2}$ cup water or milk. Place 1 can of biscuits, overlapping, on top of sauce to fill pan. Bake at 425° F. 20 minutes. Serves 4.

Meal in a Skillet

1 pound ground beef
1 cup soft bread crumbs
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
1 cup whole kernel corn
1 cup sliced onion
 $\frac{1}{2}$ teaspoon salt
2 cups cooked or canned tomatoes

Make bread crumbs by cutting a slice of bread in small cubes on chop board or tear off crumbs with fingers. Cook ground meat, bread crumbs, 1 teaspoon salt and pepper in skillet until meat is brown. Stir frequently with wooden spoon. Cover meat with corn and sliced onion. Sprinkle $\frac{1}{2}$ teaspoon salt over onion.

brown sugar to 1 No. 2 can baked beans. Place in cold broiler pan under rack.

Mix 1 pound hamburger meat; salt, pepper and savory salt to taste; shape into four thick round patties. Wrap each with a strip of bacon and fasten with a toothpick. Place on broiler rack. Broil 3 inches from heat 10 minutes or until meat is browned. Turn meat and continue broiling 7 to 8 minutes or until meat is done. Serves 4.

Add tomatoes. Do not stir mixture, but leave vegetables in layers over meat. Cook and simmer 20 minutes. Serves 4.

Serve with vegetable relish tray, bread and chilled purple plums topped with sour cream.

Liver Dinner

$\frac{1}{4}$ cup salad oil
2 sliced onions
 $\frac{1}{2}$ green pepper, cut into strips
1 pound calf or beef liver, cut into $\frac{1}{2}$ -inch strips
1 cup boiling water
1 package frozen peas
 $1\frac{1}{2}$ teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ pound medium noodles

In hot oil in large skillet, saute onion, green pepper and liver 5 minutes or until tender. Stir in boiling water, frozen peas, broken into chunks, salt, pepper, uncooked noodles. Cook, covered, stirring occasionally to keep mixture from sticking, 10 minutes or until noodles are tender. Serves 4 to 6.

Serve with tossed salad, celery seed bread sticks, grapefruit-peach delight and milk.

CELERY SEED BREAD STICKS

Remove crusts from 4 slices of bread and brush both sides of bread slices with butter or margarine. Cut each slice into 6 equal-sized strips. Roll strips in celery seeds. Place on baking sheet and bake at 350° F. 12 minutes. Makes 2 dozen.



GRAPEFRUIT-PEACH DELIGHT

Arrange peach slices and grapefruit sections in dessert dishes. Top with spoonful of honey and sprinkling of nutmeg.

Chicken Fricassee with Dumplings

- 2 14-ounce cans chicken fricassee
- 1 8-ounce can small white onions, drained
- $\frac{3}{4}$ cup cooked mixed vegetables, drained
- $\frac{1}{4}$ teaspoon curry powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 can biscuits
- Snipped parsley

In skillet or saucepan with tight-fitting cover, heat chicken fricassee with onions, vegetables, curry powder, salt and pepper, stirring gently occasionally. When mixture is bubbling hot, place biscuits on top (not pushed down into gravy). Cover tightly; simmer 25 minutes (do not uncover) or until biscuits are done. Top with parsley. Serves 4.

Serve with green beans marinated in French dressing and Fruit Delight.

FRUIT DELIGHT

Freeze 1 unopened No. 2 can of fruit. Open both ends of can and push out frozen roll. Slice and top each slice with whipped cream and sprinkle of coconut.

Chicken Chow Mein

- 2 cups shredded cooked chicken
- 2 cups chicken stock
- 2 cups chopped celery
- 1 small onion, sliced
- Salt to taste
- 2 tablespoons soy sauce
- 2 cups drained bean sprouts or mixed Chinese vegetables
- 2 tablespoons cornstarch
- $\frac{1}{4}$ cup water

Cook celery and onion in chicken stock 20 minutes. Add salt, soy sauce, bean sprouts or mixed Chinese vegetables, chicken and cornstarch mixed with cold water and cook 10 minutes, stirring constantly. Serve on cooked rice or crisp noodles. Serves 6 to 8.

Serve with fruit salad, bread and butterscotch pudding.

Beef Stroganoff

- 2 to 3 pounds chuck steak
- $\frac{1}{2}$ cup flour
- 1 cup tomato juice
- 1 cup water
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ cup salad oil or fat
- 2 cups sliced onions
- $\frac{1}{4}$ pound mushrooms, sliced
- 1 cup sour cream
- 6 cups cooked noodles

Trim excess fat from meat. Cut fat chunks into small pieces. Put in skillet, place over low heat and cook until some frying fat is rendered. Cut meat into thin 2-inch strips and roll in flour. Brown in the hot rendered fat. Add tomato juice, water, salt and pepper. Cook covered, over low heat until almost tender, 20 to 30 minutes, stirring occasionally. Heat salad oil in another skillet. Add onion and mushrooms and brown over medium heat. Add to the meat mixture. Cover

skillet and continue cooking for 10 minutes or until meat is tender. Stir sour cream into gravy. Pour meat mixture over noodles. Serves 6 to 8.

Serve with string beans, ginger-apple sauce (made by stirring crushed gingersnaps into cold canned apple-sauce) and bread.

Skillet Ham-Potato Salad

- $\frac{1}{4}$ cup chopped green onions
- $\frac{1}{4}$ cup chopped green pepper
- 1 12-ounce can chopped ham, diced
- 1 tablespoon fat
- 3 or 4 medium potatoes, cooked, diced (3 cups)
- $\frac{1}{4}$ teaspoon salt
- Dash pepper
- $\frac{1}{4}$ cup mayonnaise or salad dressing
- $\frac{1}{2}$ pound sharp process American cheese, diced (1 $\frac{1}{2}$ cups)
- 2 tablespoons chopped parsley

Cook onions, green pepper and meat in hot fat, stirring occasionally, till meat is lightly browned. Add potatoes, salt, pepper and mayonnaise. Heat, mixing lightly. Stir in cheese; heat until it begins to melt. Sprinkle with parsley. Serves 4.

Serve with English peas, sliced tomato salad, bread, Golden Toppers and milk.

GOLDEN TOPPERS

Place 4 canned peach halves in a lightly greased baking dish and sprinkle with $\frac{1}{2}$ cup shredded coconut. Combine $\frac{3}{4}$ cup brown sugar and $\frac{1}{3}$ cup orange juice. Pour around peaches. Place marshmallow in the center of each peach and bake at 350° F. 15 minutes. Serves 4.

Pork Sausage Bake with Corn Bread Topping

- 1 pound pork sausage links
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{4}$ cup chopped green pepper
- 2 $\frac{1}{2}$ cups tomatoes (No. 2 can)
- 1 cup cooked or canned whole kernel corn
- 1 cup cooked or canned green lima beans, drained
- $\frac{1}{2}$ cup chili sauce
- 1 teaspoon salt

Brown sausage links in frying pan. Remove links and drain all but a tablespoon of fat from pan. Add onions and green peppers and cook until golden brown. Cut sausages into 1-inch pieces; add to remaining ingredients. Cover and simmer gently 30 minutes. (May be cooked, covered and refrigerated for a day. Heat mixture to boiling.) Pour in a 2-quart casserole and cover with corn bread topping. Serves 4 to 6.

CORN BREAD TOPPING

- $\frac{3}{4}$ cup corn meal
- 1 tablespoon flour
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{2}$ teaspoons baking powder
- 1 egg
- $\frac{1}{3}$ cup milk
- 1 tablespoon shortening

Sift together dry ingredients. Add egg, milk and shortening. Beat with rotary egg beater until blended. Do not overbeat. Pour over the bubbling hot sausage mixture. Bake at 425° F. 20 to 25 minutes, until corn bread is brown. Corn bread mix may be used and made to 1 cup of batter. Serves 6.

Serve with cabbage slaw, strawberry shortcake and milk.

Pressure Saucepan Meals

Foods prepared in a pressure saucepan can be cooked in as much as one-third the time required by usual methods. Pressure saucepans also save fuel, food value, flavor and freshness and make "quick" meals possible. Entire meals, except for a crisp salad, bread and beverage, can be prepared in a pressure saucepan. They also are used to advantage for cooking the part of the meal requiring the longest cooking period while other foods cook by usual methods. For example, a roast can be prepared quickly in a pressure saucepan while the vegetables and desserts are cooked on top of the range or in the oven. Dried beans may be cooked under pressure while corn bread bakes in the oven and a salad is tossed. When cooking a combination of foods in a pressure saucepan, only enough food for one meal should be cooked because flavors tend to mingle after the foods cool. Directions for preparing the main part of the meal in a pressure saucepan with suggestions for simple salads, desserts and bread to complete the meal follow:

Meat Loaf Dinner

- 1 pound ground beef
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 egg, beaten
- 1 cup bread crumbs
- 1 small onion, chopped fine
- $\frac{1}{2}$ cup tomatoes, drained
- 2 tablespoons fat
- 5 medium potatoes, pared
- 4 medium carrots, pared and cut crosswise
- 4 medium sized onions, chopped
- 1 cup water

Combine beef, salt, pepper, egg, bread crumbs, onion and tomatoes. Mix well. Shape into 2 small loaves and wrap in waxed paper and store in refrigerator or freezer until firm. Remove and brown loaves in pressure saucepan in fat. When browned, add potatoes, carrots, medium onions and water. Cook at 15 pounds pressure 15 minutes. Reduce pressure immediately. Serves 4.

Serve with dill pickles and celery sticks, fried corn hoe cakes, fruited gelatin and milk.

Meal in a Pot

- $\frac{1}{4}$ cup flour
- 1 teaspoon paprika
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 4 chicken thighs, legs or breast
- 3 tablespoons hot fat
- 2 scraped carrots
- $\frac{1}{2}$ pound green beans
- 2 pared potatoes, quartered
- $\frac{1}{4}$ cup water
- 2 large apples, quartered
- 4 tablespoons sugar
- $\frac{1}{2}$ teaspoon cinnamon
- 2 tablespoons butter or margarine

Combine flour, paprika, salt and pepper in a paper sack. Add chicken and shake to coat. Brown in pressure saucepan with hot fat. Add carrots, beans, potatoes and water. Place the quartered apples on a sheet of foil. Sprinkle sugar over top and dot with cinnamon and butter or margarine. Wrap in foil; use drugstore wrap; put on top of vegetables. Cook at 15 pounds pressure 5 minutes. Reduce pressure instantly. Serves 2.

Serve with hard rolls, butter or margarine and milk.

Swiss Steak with Rice

- 2 pounds round steak, 1 inch thick
- 2 teaspoons salt
- Pepper
- 3 tablespoons flour
- 6 onions, sliced
- 1 cup rice
- 1 bay leaf
- 1 can tomato soup and $\frac{1}{2}$ cup water or $1\frac{1}{2}$ cups tomato juice

Cut meat in serving pieces. Season and dredge in flour. Heat cooker and add fat. Brown meat well on both sides. Add onions; brown slightly. Add rice and bay leaf. Combine soup and water and pour over meat and rice. Cook 15 minutes at 15 pounds pressure. Serves 5 to 6.

Serve with English peas and hard-cooked egg salad, canned biscuits or biscuits made from biscuit mix, cookies and milk.

Braised Short Ribs of Beef with Vegetables

- 2 pounds short ribs
- $\frac{1}{2}$ cup flour
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon pepper
- 3 tablespoons fat or drippings
- 1 cup water
- 2 tablespoons catsup or chili sauce
- 6 medium sized carrots
- 4 medium sized onions
- 4 small potatoes



Mix flour, salt and pepper. Sprinkle on the meat. Brown in hot fat. Add catsup and water. Cover and cook 35 minutes at 10 pounds pressure. Cool pan under water to reduce pressure. Add vegetables; cook 10 minutes longer at 10 pounds pressure. Serves 6.

Serve with pineapple and cottage cheese salad, warmed buttered rye bread and milk.

Old-fashioned Vegetable Soup

2 pounds soup meat
4 cups water
1/2 cup diced carrots
1/4 cup diced potatoes
1/2 cup chopped celery and leaves
1/4 cup sliced onions
2 cups canned tomatoes
1/2 cup rice
1 tablespoon salt
1/4 teaspoon pepper

Put meat, water, tomatoes, salt and pepper in cooker. Cook 17 minutes at 15 pounds pressure. Let steam return to "down," remove cover, add vegetables and

rice. Cook 3 minutes more at 15 pounds pressure and reduce steam. Serves 4.

Serve with crackers, fruit salad and milk.

Chili Con Carne

1 cup red chili beans
3 cups water
2 8-ounce cans seasoned tomato sauce
1 pound ground beef
1 teaspoon paprika
1 1/2 cups chopped onion
2 cloves garlic, minced (optional)
1 to 2 teaspoons salt
1 to 2 teaspoons chili powder
1 teaspoon thyme
1 teaspoon sage

Put washed beans and water in pressure saucepan and heat to boiling, uncovered. Cool thoroughly. Do not drain. Add remaining ingredients. Cook 45 minutes at 15 pounds pressure. Reduce pressure under running water. Serve hot. Serves 4.

Serve with carrot and pineapple salad, toasted bread sprinkled with Parmesan cheese, and milk.

Meals from the Freezer

Frozen foods can simplify meal preparation when time is short, when the homemaker is away or when unexpected guests arrive.

Good use of freezer space can be made by planning four complete meals, each one including a meat, two vegetables, salad, dessert and bread. For these menus decide on foods that go well together. Prepare and freeze each dish on the menu separately (except possibly bread and salad); then assemble the entire meal in one package and attach a menu card. Remember that storage time increases cost of food, so plan for turnover of meals.

An easy way to prepare foods for the freezer is to cook and bake for the freezer while preparing regular meals. When baking, or preparing soups, stews and casserole dishes, prepare an extra quantity to freeze. It is just as easy to pre-

pare a large quantity of food and it eliminates extra preparation and cleanup time.

Consider these factors when preparing food for freezing:

- Pack foods solidly to keep out air in moisture-vapor-proof or resistant containers.
- Choose a menu with a variety of colors, shapes, textures and flavors.
- Choose items that have about the same cooking or reheating time.
- Be sure all foods for a meal can be stored safely for the same length of time.
- Choose foods that will take less time when in a hurry. More time is required to thaw some foods than is needed to prepare them fresh.

MENUS from the FREEZER

Creamed Chicken and Rice*
Lima Beans
Carrot and Raisin Salad
Sherbet and Cookies

Individual Meat Loaves*
Corn String Beans
Fruit Salad
Pound Cake*

Baked Ham Slices
Candied Sweet Potatoes* Peas
Green Salad
Ice Cream

Beef Hash
Cauliflower Asparagus
Frozen Fruit Salad*
Gingerbread

Spaghetti and Meat Sauce*
Tossed Green Salad
Garlic Bread
Cherry Pie

Swiss Steak*
Stuffed Baked Potatoes Broccoli
Beet Salad
Biscuits*
Peaches and Cream

Hamburger-Rice Skillet*
Sliced Tomato and Pineapple Salad
Whole Wheat Bread
Ice Cream
Milk

Roast Beef Slices
Green Beans with Cream of Mushroom Sauce
Mashed Potatoes
Slaw
Frozen Lemon Fluff*

Vegetable Soup
Corn Sticks
Spinach Salad
Pound Cake* Peaches and
Whipped Cream

Chicken Spaghetti*
Peas
Tossed Salad
Garlic Bread
Vanilla Nut Cake*

**Recipes in this publication.*

Recipes

Individual Meat Loaves

1½ pounds ground beef chuck
2 tablespoons minced onion
2 tablespoons chopped green pepper
1½ cups soft bread crumbs
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon dry mustard
1 egg, slightly beaten
3 tablespoons ketchup
2 teaspoons prepared horseradish
½ cup milk
1 cup barbecue sauce (optional)

Combine all ingredients except the sauce; blend well. Shape into 6 small loaves. Place in greased 10" x 6" x 2" baking dish; bake 1 hour in oven preheated to 350° F. Cool, package and freeze. To serve, unwrap loaves; place in baking dish. Bake 20 minutes in oven at 400° F.; pour heated barbecue sauce over loaves and bake 10 minutes longer.

Pound Cake

1 pound butter or margarine (2 cups)
3 cups sugar
4 cups flour
9 eggs
¼ teaspoon almond extract
¼ teaspoon lemon extract

Cream butter, sugar and add flavoring. Add 1 egg at a time, beating thoroughly. Fold in flour. Bake 2 hours at 325° F. Cool, package and freeze. Slice frozen as needed or package in family-sized packages.

Candied Sweet Potatoes

6 medium sized sweet potatoes
½ cup water
1 cup firmly packed brown sugar
2 tablespoons butter or margarine

Wash potatoes and boil until tender; drain, peel and cut in halves lengthwise. Bring water and sugar to



a boil; dip potatoes into syrup and place in greased baking pan; dot with butter or margarine and add remaining syrup. Bake at 400° F. 20 minutes, basting occasionally with syrup. Cool, package and freeze. Reheat at serving time. Serves approximately 6.

Creamed Chicken

- $\frac{3}{4}$ cup chicken fat, butter or margarine
- $1\frac{1}{8}$ cups flour
- 1 tablespoon salt
- 4 cups chicken broth
- 4 quarts diced cooked chicken
- 4 cups milk

Melt the fat and blend in the flour and salt. Add broth and milk. Cook until thickened, stirring constantly. Add the chicken and beat to blend flavors.

To Freeze: Cool quickly and package in family-sized containers leaving $\frac{1}{2}$ -inch headspace.

To Serve: Heat, thawed, in top of double boiler. Serves 16.

Swiss Steak

- $1\frac{1}{2}$ pounds round steak ($\frac{1}{2}$ inch thick)
- $\frac{1}{2}$ cup flour
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{2}$ teaspoon pepper
- 3 tablespoons fat
- 1 small onion, chopped
- $1\frac{1}{2}$ cups stewed tomatoes, tomato juice or hot water

Mix flour, salt and pepper; spread half the mixture on a bread board; place the steak on the board; sprinkle with part of the remaining flour. Pound the steak with a hammer, wooden mallet or the edge of a heavy plate until all of the flour has been taken up by the meat. Turn occasionally so that both sides are floured evenly.

Heat the fat in a frying pan; saute the pounded steak on both sides in the hot fat; add the onion and tomatoes; cover tightly and simmer until tender or bake at 350° F. $1\frac{1}{2}$ hours. The flour which was pounded into the steak should thicken the liquid, making a sauce which can be poured over the meat. Cool, package and freeze.

To Serve: Reheat in covered casserole in oven.

Biscuits

- 12 cups all-purpose flour
- 2 tablespoons salt
- 5 tablespoons baking powder
- $1\frac{1}{2}$ cups shortening
- $3\frac{1}{2}$ to 5 $\frac{1}{2}$ cups milk

Sift dry ingredients together into large bowl, putting salt and baking powder into first sifter load. Cut in shortening with pastry blender until blended evenly. Gradually stir in milk, enough to make a soft sticky dough which pulls away from the sides of the bowl easily. Turn out on floured board or canvas. Knead lightly until smooth enough to roll. This takes 40 to 50 strokes. Divide into 3 parts for easier rolling. Roll or pat $\frac{1}{4}$ to $\frac{1}{2}$ inch thick. Cut into biscuit shapes, various sizes for various uses. Makes about 100 2-inch biscuits.

Bake on ungreased sheets at 450° F. oven *only* until flecks of brown show on top, 6 to 7 minutes. Re-

move to wire racks to cool. Store in plastic bags in the refrigerator or freezer. (Those you plan to serve right away, bake 12 to 15 minutes, to a golden brown.)

To finish baking the biscuits which have been stored, place unthawed in 450° F. oven 5 to 7 minutes, or until nicely browned.

Chicken Spaghetti

- 1 5-pound hen, cooked
- 2 12-ounce packages spaghetti
- Grated rind, $\frac{1}{2}$ lemon
- Juice of 1 lemon
- 3 or 4 cloves garlic, minced
- 2 medium sized onions, chopped
- 1 No. 2 $\frac{1}{2}$ can tomatoes
- 1 8 $\frac{1}{2}$ -ounce can tomato puree
- 1 green pepper
- 1 stalk celery
- 3 tablespoons sugar
- 1 small hot pepper
- Salt
- 1 bay leaf
- 2 4-ounce cans mushrooms, stems and pieces (optional)

Cook chicken in salted water. Remove chicken from bones and cut into large pieces. Let stock cool and skim off fat. Add all ingredients except spaghetti to stock and cook until well done. Cool, package in family-sized containers.

To Serve: While chicken sauce thaws, cook spaghetti in a large quantity of salt water until partially done. Combine spaghetti, chicken, sauce and 2 small cans of sliced mushrooms, stems and pieces. Season with salt. Cook over low heat 30 minutes or longer. Fifteen minutes before serving time, arrange in casserole or serving dish. Add and mix $\frac{1}{2}$ -pound grated American-aged Cheddar cheese, or sprinkle on top. Heat until cheese is melted. Serves 20 to 25.

Vanilla Nut Cake

- 1 cup butter or margarine
- $1\frac{1}{2}$ cups brown sugar
- 3 eggs
- $1\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon baking powder
- $4\frac{1}{2}$ teaspoons vanilla
- 2 cups pecans dredged in $\frac{1}{4}$ cup flour

Cream butter or margarine and sugar. Add eggs, beaten. Sift flour, baking powder together and add to the creamed mixture. Add vanilla. Mix well. Add pecans dredged in flour.

Pour into greased 9" x 5" x 3" loaf pan. Bake at 325° F. 1 hour. Remove from oven and let cool 5 minutes before removing from pan. Cake does not need frosting; it keeps well for several days and improves in flavor as it mellows. Cool, package whole or in family-sized packages and freeze. Serves 9.

Frozen Lemon Fluff

- $\frac{3}{4}$ cup crushed graham crackers
- 2 egg yolks
- 3 tablespoons lemon juice
- 2 teaspoons lemon rind
- Salt to taste
- $\frac{1}{2}$ cup sugar
- 2 egg whites
- $\frac{1}{2}$ cup cold water
- $\frac{1}{2}$ cup instant nonfat dry milk solids
- 2 tablespoons lemon juice

Place $\frac{1}{2}$ cup crushed graham crackers in bottom of refrigerator tray. Beat egg yolks in top of double boiler; add lemon juice, lemon rind, salt and sugar. Mix well. Cook over hot water until thickened, stirring constantly (about 7 to 10 minutes). Remove from heat and cool thoroughly. Beat egg whites. Pour water into mixing bowl. Add instant nonfat dry milk solids and whip until soft peaks form (2 to 3 minutes). Add 2 tablespoons lemon juice and whip very stiff (about 2 minutes). Fold beaten egg whites and whipped topping into lemon mixture. Place in refrigerator tray; top with remaining crumbs. Freeze until firm (2 to 3 hours). Makes about 1 quart. Cut like a pie. Serves 4 generously.

Frozen Fruit Salad

- 12 quartered marshmallows
- 1 3-ounce package cream cheese
- 1 cup mayonnaise
- 1 cup whipping cream, whipped
- 2 cups canned fruit

Combine marshmallows and juice drained from canned fruit. Let stand until marshmallows are softened. Add cream cheese and mix until creamy. Fold in mayonnaise, cream and fruit. Pour into mold or freezer tray. Cut into squares to serve. Serves 6 to 8. Wrap with moisture-vapor-resistant paper if stored longer than 48 hours.

Spaghetti Meat Sauce

- 1 pint multipurpose barbecued hamburger mix
- Dash cayenne
- $\frac{1}{4}$ teaspoon garlic salt
- 6 ounces spaghetti, uncooked

Heat barbecued hamburger mix and seasoning in a saucepan or skillet. Serve on hot cooked spaghetti and top with grated Parmesan cheese. Serves 4.

MULTIPURPOSE BARBECUED HAMBURGER MIX

- 4 medium onions, chopped
- 3 cloves garlic, finely chopped
- 2 cups chopped celery tops
- $\frac{1}{4}$ cup fat
- 4 pounds hamburger
- 4 teaspoons salt
- $\frac{1}{2}$ teaspoon pepper
- 3 tablespoons Worcestershire sauce
- 2 12-ounce bottles catsup

Pan fry the onion, garlic and celery in fat in a large kettle. Add hamburger and stir and cook until all redness of the meat disappears. Add salt, pepper, Worcestershire sauce and catsup. Simmer 20 minutes. Skim off excess fat.

To Freeze: Cool quickly. Spoon the mixture into 5 1-pint containers. Seal. Label with name and date. Freeze at 0° F. or lower. Do not stack until thoroughly frozen. It may be stored in freezer up to 3 months. Makes 10 cups.

Soup and Sandwich Menus with Recipes

Hearty soups served with bread or a sandwich, a beverage and possibly a dessert provide satisfying quick meals. These soup meals are planned to provide the family with an adequate portion of the day's requirement of nutrients.

To Thaw: Place container of the mix in hot water or under running hot water just long enough to allow mixture to slip out of the container. Use barbecued hamburger mix for making the following quick main dishes.

BARBECUED HAMBURGER BUNS—Heat barbecued hamburger mix slowly in a skillet or chafing dish. Use as filling in hot buttered hamburger buns. (Allow $\frac{1}{2}$ cup per bun).

CHILI CON CARNE—Heat barbecued hamburger mix in a skillet with an equal measure of canned red kidney beans. Season with chili powder.

HAMBURGER-NOODLE SKILLET—Heat 1 pint of barbecued mix in a skillet with 2 cups cooked noodles and 1 cup canned mixed vegetables. Stir to combine. Sprinkle $\frac{1}{2}$ cup shredded, quick-melting cheese and $\frac{1}{2}$ teaspoon chopped parsley over top. *Do not stir.* Heat just long enough to melt the cheese. Serve from skillet. Serves 4 to 6.

HAMBURGER-RICE SKILLET—Heat 1 pint barbecued hamburger mix in a skillet. Add 2 cups cooked rice, 1 cup canned whole kernel corn, $\frac{1}{4}$ teaspoon thyme and $\frac{1}{2}$ cup chopped green pepper, if desired. Simmer a few minutes to blend flavors and to cook the pepper. Serves 4 to 6.

STUFFED GREEN PEPPERS—Use the hamburger-rice skillet mixture to stuff 8 hollowed out green peppers. Bake in a shallow pan in a moderate oven 375° F. about 50 minutes. Serves 4, 2 peppers each.

HOT STUFFED ROLLS—Allow barbecued hamburger mix to thaw in refrigerator. Mix in some shredded cheese if desired. Spoon generously into hollowed out frank buns or French rolls. Wrap the rolls individually in aluminum foil and heat in a moderate oven 350° F. or on a picnic grill about 30 minutes. Serves 4.

MOCK PIZZA—Allow barbecued hamburger mix to thaw in refrigerator. Spoon generously over lightly toasted English muffins. Cover with sliced or shredded Italian or American cheese and sprinkle with oregano. Broil until cheese is bubbly. Serves 4.

HAMBURGER STROGANOFF—Heat 1 pint barbecued hamburger mix in a table skillet until completely thawed. Add 2 cups sliced fresh mushrooms (1 6-ounce package) and a 10 $\frac{1}{2}$ -ounce can condensed cream of mushroom soup. Stir and simmer 5 minutes. Carefully spoon 1 cup commercial sour cream over surface. Sprinkle with chopped parsley. *Do not stir.* Simmer 1 minute longer. Serve from skillet over hot cooked rice. Serves 6.

The main dish for a quick meal can be a protein-rich sandwich. These usually are preferred for the lightest meal of the day, but are good anytime. Sandwiches are a good way to use planned leftovers such as roast, chicken and ham.

The following recipes and menus are good served at lunch or at the evening meal.

Menu

Cream of Celery Soup
Roast Beef Slices on Toasted Bun Topped with
Barbecue Sauce
Cookies
Hot Cocoa

Menu

Cream of Tomato Soup
Toasted Cheese Sandwich
Milk
Fruit Gelatin with Custard Sauce

TOASTED CHEESE SANDWICH—Toast bread on 1 side, turn and spread with softened butter or margarine. Top with slice of cheese and broil until cheese is melted and bubbly.

Custard Sauce

1 cup milk
2 tablespoons sugar
Dash of salt
1 egg, slightly beaten
¼ teaspoon vanilla

Put milk, sugar and salt in top of double boiler; heat to scalding. Add small amount of milk slowly to egg and blend thoroughly. Return to double boiler and stir constantly until mixture coats a metal spoon. Do not cook until thick because it will curdle. Put pan containing custard in cold water; add vanilla and chill. Makes 1 cup of sauce.

Menu

Tomato Clam Chowder
Savory Cheese Loaf
Milk
Fresh Fruit

TOMATO CLAM CHOWDER—Combine 1 can tomato soup, 1 can clam chowder and 2 soup cans of water. Heat. Serves 4.

Savory Cheese Loaf

1 loaf French bread, unsliced
½ cup butter or margarine
¼ cup grated onion
¼ cup prepared mustard
1 tablespoon poppyseed
½ pound sliced Swiss cheese

Make diagonal cuts almost through loaf about 1½ inches apart. Soften butter or margarine; blend in onion, mustard and poppyseed. Spread all but 2 tablespoons of this mixture between cuts in bread. Place cheese slices between cuts in bread and press loaf together. Spread outside of loaf with remaining butter mixture. Place in shallow baking dish and bake at 400° F. 12 to 15 minutes or until cheese is melted. Serve at once. Serves 4 to 6.

Menu

Corn-Mushroom Soup
Toasted Bread and Butter Sandwiches
Apple and Celery Salad
Milk

CORN-MUSHROOM SOUP—Fry 2 slices of bacon until crisp. Drain and crumble into pieces. Chop 1 large onion and cook in bacon drippings until limp. Add bacon and onion to 1 can of mushroom soup, 1 No. 303 can of cream style corn and 1½ cups milk. Heat. Serves 4.

Menu

Mexican Gumbo
Ham Sandwich
Cabbage Slaw
Peaches
Milk

MEXICAN GUMBO—Combine 1 can of chicken gumbo soup, 1 can of pepper pot soup and 1½ soup cans of water. Heat. Serves 4.

Menu

Tomato-Vegetable Soup
Bacon Sandwich
Lemon Ice Box Pie
Milk

TOMATO-VEGETABLE SOUP—Combine 2 cans condensed vegetable soup, 1 can condensed tomato soup and 2 soup cans of water. Heat. Serves 4.

LEMON ICE BOX PIE—Make instant lemon pie filling according to directions on box. Pour into vanilla wafer pastry shell and chill. Serves 6.

VANILLA WAFER PASTRY SHELL—Thoroughly combine 1⅓ cups vanilla wafer crumbs with ¼ cup soft butter or margarine. Pour mixture into a 9-inch pie pan and, with hands, press to cover pan evenly.

Menu

French Onion Soup
Fruit Salad
Parmesan Cheese Bread
Milk

FRENCH ONION SOUP—Combine 1 can condensed onion soup and 1 soup can of water. Heat. Top with Parmesan cheese bread cubes. Serves 2.

PARMESAN CHEESE BREAD—Cut 3 slices French bread into ½-inch cubes. Dip in melted butter or margarine. Spread 4 whole slices French bread with butter or margarine. Arrange both bread slices and cubes on a cookie sheet and sprinkle with grated Parmesan cheese. Toast until lightly brown. Serve toasted slices with soup.

Pizza Pie

1½ pounds pork sausage*
6 hamburger buns, split, buttered
1 cup tomato paste
½ pound sharp cheese, shredded
2 teaspoons oregano

Pan fry sausage until brown, stirring occasionally. Toast buns under broiler or in oven at 400° F. until golden brown. Spread about 1 tablespoon tomato paste on each bun half. Sprinkle about 2 tablespoons cheese and ⅛ teaspoon oregano on each bun half. Top with

*Canned or precooked sausage links may be used, omitting the cooking of the sausage.

approximately $\frac{1}{4}$ cup sausage on each bun half. Place in 400° F. oven for 5 to 8 minutes or until cheese melts and bubbles slightly. Makes 12 pizzas.

Serve with tossed salad, ice cream and milk.

Frankfurter Humdingers

- $\frac{1}{4}$ pound sharp cheese, grated
- 4 frankfurters, finely cut
- $\frac{1}{4}$ cup catsup
- 2 tablespoons chopped onion
- 2 tablespoons piccalilli or pickle relish
- 8 slices bread
- Butter or margarine

Combine frankfurters, cheese, catsup, onion and piccalilli and mix well. Spread bread with butter or margarine. Spread frankfurter mixture on 6 slices of bread. Cover with remaining slices. Place on baking sheet and toast in moderately hot oven 400° F. about 10 minutes. Makes 4 sandwiches.

Serve with apple and celery salad and milk.

Tuna-Cheese Sandwich

- 1 cup or 1 7-ounce can flaked tuna
- $\frac{1}{2}$ cup chopped celery
- 2 tablespoons pickle relish or piccalilli
- $\frac{1}{4}$ cup mayonnaise or salad dressing
- 6 sandwich buns, sliced
- 6 slices process cheese
- 2 tablespoons soft butter or margarine

Combine tuna, celery, pickle relish and mayonnaise. Spread $\frac{1}{4}$ cup tuna mixture on bottom halves of buns and cover with a slice of cheese. Spread top half of each bun with 1 teaspoon butter. Place both halves of the buns, cut and spread sides up, on a cookie sheet. Bake in a hot oven 400° F. 5 minutes or toast under low broiler heat for 5 minutes, until bun tops are toasted and cheese is melted. Serves 6.

Serve with English peas, beet salad and milk.

Chicken Sandwich Supreme

- 1 can cream of chicken soup
- 2 cups cooked or canned chicken, cut into large pieces
- Dash paprika
- Baked or fully cooked ham slices
- 4 buttered, toasted English muffins, bread slices or biscuits

Heat soup over low heat, stirring constantly until hot; cook thoroughly. In lightly greased skillet, heat ham slices.

Arrange ham slices on muffin halves, bread or biscuit; top with hot chicken mixture.

Serve with spiced peaches, ripe olives, onions, canned whole cranberry sauce and milk.

Divan Sandwiches

- 1 can asparagus
- 1 can cream of mushroom soup



- 1 cup grated process sharp American cheese
- 4 buttered toast slices
- 4 large cooked turkey, chicken or ham slices
- Snipped parsley

Drain asparagus. Heat soup; stir in cheese until melted. Place toast in shallow baking pan. Top with asparagus spears, then with turkey slices. Heat soup and cheese together, pour over turkey slices. Broil 3 to 5 minutes, or until golden. Sprinkle with parsley. Serves 4.

Serve with pickles, olives, carrot sticks, mixed fruit and milk.

Salami Treat

- 8 slices rye bread (with caraway seed)
- Butter or margarine
- 16 slices small salami (about 1 pound)
- 8 thin slices onion
- 4 slices cream cheese
- $\frac{1}{2}$ cup hamburger or pickle relish (about)

Spread both sides of rye bread with butter or margarine. Place 2 salami slices on buttered bread. Cover with onion slices and then slice of cream cheese. Top with 2 more salami slices. Spread hamburger or pickle relish over salami. Top with remaining bread slices. Place sandwiches on griddle or grill and brown lightly on both sides. Makes 4 sandwiches.

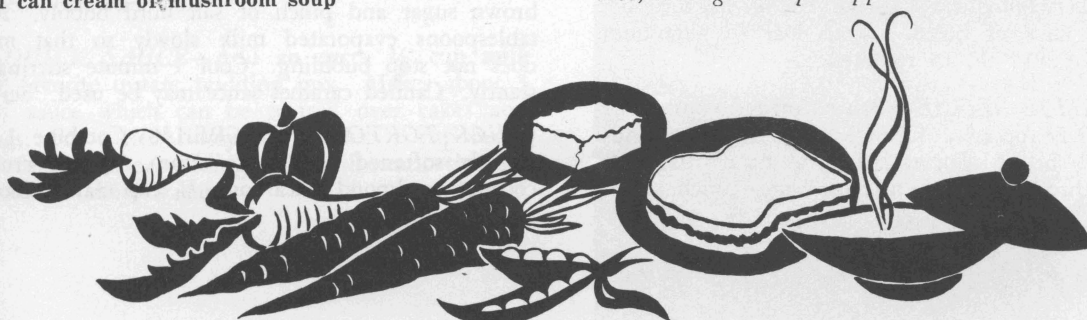
Serve with potato salad, dill pickles and stuffed olives.

Hot Meat Sandwich

- Sliced cooked beef or pork, chicken or turkey
- 8 slices bread
- Heated leftover or canned gravy, or 1 can cream soup, heated

Toast slices of bread; top with sliced meat. Pour hot soup or gravy over meat. Serves 4.

Serve with frozen or canned French fried potatoes, cabbage and pineapple salad and milk.



Quick Tricks for Quick Meals



BREADS

CRISSCROSS CELERY ROLLS—Make a lengthwise and a crosswise shallow cut in the top of 6 brown-and-serve rolls. Combine 2 tablespoons soft butter or margarine, $\frac{1}{4}$ teaspoon celery seed, $\frac{1}{8}$ teaspoon paprika and a dash of cayenne pepper. Spread a teaspoon of celery mixture along cuts in each roll. Bake in a greased shallow pan at 400° F. 12 minutes.

GARLIC-CHEESE SQUARES—Toast bread slices on 1 side. Grate garlic cheese (comes in a wrapped roll) over untoasted sides. Broil until cheese bubbles; cut in squares and serve hot.

POPPYSEED STICKS—Spread both sides of bread with butter or margarine; then cut each slice into 5 strips. Roll strips in poppy seeds; place on cookie sheet. Bake at 350° F. 12 minutes or broil until brown.

PARMESAN PUFFS—Toast bread slices on 1 side; sprinkle other side with chopped onion; spread with mixture of equal amounts of mayonnaise or salad dressing and grated Parmesan cheese; quarter slices. Broil 1 to 2 minutes or until tops puff.



ONION-CHEESE BREAD STICKS—Spread 2 tablespoons grated processed cheese and 1 teaspoon minced onion on each of 4 slices of toasted rye bread. Place on baking sheet and bake at 350° F. 12 minutes. Cut each slice into 6 equal-sized strips. Makes 2 dozen bread sticks.

GARLIC-BUTTER SLICES—In oven, melt $\frac{1}{2}$ cup butter or margarine in a 11" x 7" x 1 $\frac{1}{2}$ " baking dish (if using another size, have fat generously cover bottom). Remove from oven. Add 1 or 2 cloves garlic, minced. Arrange six 1 to 1 $\frac{1}{2}$ -inch slices of French bread in baking dish, turning once to cover both sides. Let stand about 10 minutes. Heat at 400° F. 10 minutes.

CARAWAY-CHEESE FRENCH BREAD—Combine 1 cup grated processed American cheese, 2 teaspoons caraway seed and 3 tablespoons mayonnaise. Cut 1-pound loaf French or Vienna bread diagonally almost through to bottom crust, into 1-inch slices. Spread butter or margarine between slices. Spread cheese mixture between each slice of bread. Wrap loaf in aluminum foil. Bake at 400° F. 15 minutes.

CHIVE-CHEESE BREAD—Brush melted butter or margarine over top of 2 5-ounce loaves of brown-and-serve French bread. Cut each loaf of bread diagonally, almost through to bottom crust, into 1-inch slices.

Spread softened chive cheese between each slice of bread. Place on baking sheet and bake at 400° F. 12 minutes.

SWEET BREADS

MARMALADE CRISPS—Toast bread slices on 1 side. Spread untoasted sides with orange marmalade; sprinkle lightly with brown sugar. Broil until bubbly.

CARAMEL-NUT TRIANGLES—Cream equal amounts of butter or margarine and brown sugar until smooth; spread on toast slices; sprinkle with chopped nuts; place on a cookie sheet. Toast in 350° F. oven about 5 minutes or broil until topping bubbles; cut slices in quarters.

BREAKFAST BAIT—Butter freshly toasted bread generously; top each slice with a thick layer of spiced applesauce; sprinkle with crisp bacon bits; broil until applesauce is tinged with brown.

DATE ROLLS—Make a lengthwise, shallow cut in the tops of 8 brown-and-serve rolls. Combine 2 tablespoons chopped dates, 1 tablespoon honey and 2 teaspoons soft butter or margarine. Insert 1 teaspoon of date mixture in each cut. Bake in a greased quart loaf pan at 400° F. 12 minutes.

MAPLE-NUT ROLLS—Combine 1 tablespoon brown sugar, 1 tablespoon melted butter or margarine, 2 tablespoons maple syrup and 3 tablespoons chopped nuts. Spread over bottom of a quart shallow baking pan. Place 6 brown-and-serve rolls, tops down, over maple-nut mixture. Bake at 400° F. 15 minutes. Let rolls stand in pan 1 minute, or longer, after removing from oven. Invert pan to remove rolls so that nuts mixture is on top.

RAISIN-PECAN ROLLS—Combine $\frac{1}{2}$ cup seedless raisins, $\frac{1}{4}$ cup chopped pecans, 1 tablespoon melted butter or margarine and 2 tablespoons honey. Put 1 tablespoon raisin mixture into each of 8 muffin cups. Place 8 brown-and-serve rolls, tops down, into muffin cups. Bake at 400° F. 15 minutes. Let rolls stand in pan 1 minute, or longer, after removing from oven. Invert pan to remove rolls so that raisin mixture is on top.

ICE CREAM AND FROZEN DESSERTS

DOUGHNUT SUNDAE—Halve 6 plain doughnuts horizontally. Place scoop of ice cream on one half; top with other half. Serve topped with caramel sauce made by heating 3 tablespoons butter or margarine, 1 cup brown sugar and pinch of salt until bubbly. Add 6 tablespoons evaporated milk slowly so that mixture does not stop bubbling. Cool 1 minute stirring constantly. Canned caramel sauce may be used. Serves 6.

QUICK TORTONI ICE CREAM—Combine 1 quart slightly softened vanilla ice cream, $\frac{3}{4}$ cup crumbled coconut or almond macaroons, $\frac{1}{4}$ cup maraschino cher-

ries and $\frac{1}{2}$ cup salted, toasted almonds. Press into paper cups, mold or freezing tray and freeze. May be sprinkled with almonds. Serves 6 to 8.

PINEAPPLE-MINT PARFAIT—Melt $\frac{3}{4}$ cup mint jelly in 3 tablespoons juice drained from a can of crushed pineapple. Chill. In parfait glasses, alternate layers of mint sauce, crushed pineapple and vanilla ice cream. Top with whipped cream. Serves 6.

ICE CREAM ROLL—Pour $\frac{1}{2}$ cup chopped nuts onto waxed paper; then roll 1 quart vanilla ice cream in nuts. Slice. Top with caramel sauce made by melting $\frac{1}{2}$ pound caramels in top of double boiler; add $\frac{1}{2}$ cup milk and beat until smooth. Serve immediately. Serves 6.

BERRY SWIRL—Mash 1 pint vanilla ice cream in a bowl; beat smooth with a spoon; turn into freezer tray. Swirl through it 1 cup crushed, fresh or just-thawed frozen raspberries or strawberries and freeze. Serves 4.

PEPPERMINT-MARSHMALLOW SUNDAE—Heat $\frac{1}{2}$ cup light cream in double boiler; add 16 marshmallows, cut in bits, and $\frac{1}{2}$ cup crushed peppermint candy. Heat until marshmallows and candy are melted; stir to blend. Serve warm over chocolate or vanilla ice cream. Makes 4 sundaes.

COFFEE COOL—Serve well-chilled coffee in tall glasses, topped with scoops of vanilla or chocolate ice cream.

ORANGE SHERBET PARFAIT—In sherbet or parfait glasses, arrange sherbet and chilled, drained crushed pineapple in layers. If desired, top with grated unsweetened chocolate.

PEACH SURPRISE—Drain 2 cups diced canned peaches; add 1 cup powdered sugar; fold in 3 egg whites, stiffly beaten, and $\frac{1}{2}$ cup cream, whipped. Pour into freezing tray and freeze until firm. Makes 1 quart. Serves 4 to 6.

REFRIGERATOR DESSERTS

FRUITY CAKE—Pour 1 cup pineapple juice or orange juice over 1 angel food, sponge or chiffon cake. Chill 1 hour. Serve with whipped cream or custard sauce.

QUICK PUMPKIN PIE—Line 8-inch pie pan with whole gingersnaps. Beat 1 package instant vanilla or butterscotch pudding and 1 cup milk together, 1 minute. Add $1\frac{3}{4}$ cups canned or cooked pumpkin, 2 teaspoons pumpkin pie spice and $\frac{1}{4}$ teaspoon salt. Pour into crust and chill.

JIFFY-QUICK SAUCE—Add an extra $\frac{1}{2}$ cup milk to your favorite instant pudding mix. Makes about 3 cups of sauce which can be poured over cakes and puddings. For a rich fluffy sauce, whip 1 cup heavy cream; fold in the pudding and chill until time to serve. Makes about 4 cups.

PUDDINGS

APRICOT CRUNCH PUDDING—In a saucepan, melt $\frac{1}{4}$ cup butter or margarine; stir in $\frac{1}{4}$ cup sugar and boil 3 minutes. Blend in $\frac{1}{2}$ cup corn flakes, $\frac{1}{4}$ cup sliced almonds and cool. Arrange 2 No. 303 cans apricot or peach halves, drained, in 6 individual serving dishes. Prepare 1 package instant vanilla pudding with 2 cups milk according to package directions; pour over apricot halves. Let set. Top with cooled crunch mixture. Serves 6.

CRANBERRY PUDDING—Prepare 1 package instant vanilla pudding mix according to package directions. Fold in $\frac{1}{2}$ cup canned whole cranberry sauce. Spoon into dessert dishes and chill. May be topped with chopped nuts. Serves 4 to 5.

FRUIT DESSERTS

MOCK BAKED APPLES—Halve and remove cores from six apples. Combine in a skillet $\frac{2}{3}$ cup sugar; 2 cups water, 2 teaspoons butter or margarine and 2 teaspoons lemon juice and stir until sugar is dissolved. Add apples and cover skillet. Bring to a boil, reduce heat and simmer 15 minutes, turning once or twice. Serves 6.

QUICK PEAR DESSERT—Arrange 6 drained chilled pear halves in 6 chilled sherbet glasses. Combine 1 cup sweetened whipped cream and $\frac{1}{2}$ cup crushed peanut brittle. Fill pear halves with whipped cream mixture and serve at once. Serves 6.

GINGER PEAR HALVES—Arrange 1 No. 2 $\frac{1}{2}$ can pear halves with syrup in shallow baking dish. Fill each pear center with honey; sprinkle lightly with ground ginger or thinly sliced candied ginger. Broil until bubbly hot. Serves 4.

MAIN DISHES

HAM SNACK LOAF—Cut 1 loaf French bread diagonally in $\frac{1}{2}$ to $\frac{3}{4}$ -inch slices not quite through bottom crust. Combine 2 4 $\frac{1}{2}$ -ounce cans deviled ham and $\frac{1}{3}$ cup drained pickle relish; spread on 1 side of each slice. Butter the sides facing ham. Insert tomato slice in each "ham sandwich." Wrap loaf in foil; heat in 450° F. oven 25 minutes. Serves about 10.



HASH CROWNS—Partially cook 4 slices bacon; drain. Cut 1 1-pound can corned beef hash or roast beef hash crosswise into 4 slices. Top each round with 1 pineapple slice; fill center with cranberry or chili sauce. Wrap bacon slice around hash, fasten with toothpick; place in shallow baking pan. Bake at 375° F. 20 minutes, or until bacon is crisp. Serves 4.

LUNCHEON MEAT AND BEAN CASSEROLE—Combine 2 cans pork and beans or baked beans, ¼ cup catsup or chili sauce, 1 tablespoon prepared mustard and ½ teaspoon Worcestershire sauce; turn into 1½-quart baking dish. Slice 2 cans luncheon meat or chopped beef in half lengthwise; cut 1 side of each half in 7 slices cutting almost through; arrange on top of beans. Bake at 375° F. 25 minutes. Serves 8.

CHILI AND TAMALES BAKE—Combine 2 15-ounce cans chili con carne, 1 15-ounce can red kidney beans, drained; turn into 1½-quart baking dish. Arrange 1 15-ounce can tamales on top. Bake at 375° F. 30 minutes; sprinkle with Parmesan cheese. Serves 8.

SPAGHETTI AND MEATBALLS—Combine 2 cans spaghetti in tomato sauce and 1 can meatballs with gravy. Simmer, covered, 10 minutes, or until thoroughly heated, stirring carefully. Sprinkle with Parmesan cheese. Serves 4 to 6.

IRISH STEW WITH DUMPLINGS—Heat 2 cans stew in saucepan until bubbling hot. Place canned biscuits on top of stew; cover. Simmer 12 to 15 minutes without lifting lid. Serves 4.

GLAZED BAKED HAM—Place 1 3 to 4-pound canned ham, fat side up, on rack in shallow baking pan. Stud top with cloves; drizzle with ½ cup honey. Bake at 325° F. 45 minutes, basting often with additional honey. Serves 8 to 10.

SPANISH RICE AND VIENNA SAUSAGE—Spread 2 15-ounce cans Spanish rice in 9-inch pie pan; arrange 2 4-ounce cans Vienna sausages over top; sprinkle with ½ cup shredded cheddar cheese. Bake at 375° F. 20 minutes. Serves 6.

SKILLET CORNED BEEF AND CABBAGE—Brown 1 12-ounce can corned beef in 2 tablespoons butter or margarine, breaking up meat with fork. Wash, core and coarsely chop 1 medium sized head cabbage (about 1½ pounds). Add cabbage to corn beef with 1 teaspoon salt and dash of pepper; toss lightly. Simmer, tightly covered 10 minutes, or until cabbage is fork-tender, stirring often. Serves 4 to 6.

TUNA AND MUSHROOM SAUCE ON TOAST—Heat 1 7-ounce can tuna fish with 1 No. 303 can condensed cream of mushroom soup, undiluted. Serve on 4 slices buttered toast.

MOCK ENCHILADAS—Alternate layers of 2 cups grated American cheese, 2 cups minced onions and 4 cups corn chips in a large buttered casserole until filled. Pour 1 large can heated chili without beans over all but the top layer of cheese. Bake in a moderate oven until cheese is melted. Serves 4 to 6.

Index

BREADS

- Biscuits, 22
- Breakfast Bait, 26
- Caramel-Nut Triangles, 26
- Caraway-Cheese French Bread, 26
- Celery Seed Bread Sticks, 17
- Chive-Cheese Bread, 26
- Corn Bread, 11
- Corn Bread Topping, 18
- Crisscross Celery Rolls, 26
- Date Rolls, 26
- Garlic Bread, 10
- Garlic Bread Sticks, 6
- Garlic-Butter Slices, 26
- Garlic-Cheese Squares, 26
- Maple-Nut Rolls, 26
- Marmalade Crisps, 26
- Onion-Cheese Bread Sticks, 26
- Parmesan Cheese Bread, 24
- Parmesan Puffs, 26
- Poppyseed Sticks, 26
- Raisin-Pecan Rolls, 26
- Savory Cheese Loaf, 24
- Toasted Celery Bread, 14
- Toasted Corn Bread, 12
- Toasted Garlic Bread Sticks, 6
- Toasted Parsley Strips, 16

CAKES

- Caramel, 17
- Chocolate Upside-down, 10
- Fruity, 27
- Pound, 21
- Vanilla Nut, 22

CASSEROLES AND ONE-DISH MEALS

BEEF

- Beef Casserole, 14
- Beef Stroganoff, 18
- Braised Short Ribs of Beef with Vegetables, 19, 20
- Corned Beef Casserole, 7, 8
- Five-layer Dinner, 14
- Meal in a Skillet, 17
- Meat Loaf Dinner, 19
- Swiss Steak with Rice, 19
- Texas Hash, 10

PORK

- Apple-Kraut Pork Chops, 17
- Ham Buffet Casserole, 15

Index — Continued

Ham and Green Bean Bake, 15
Hawaiian Pork, 12
Pork Sausage Bake with Corn Bread Topping, 18
Skillet Ham-Potato Salad, 18

VEAL

Savory Veal Casserole, 15

VARIETY MEATS

Liver Dinner, 17

POULTRY AND EGGS

Chicken Chow Mein, 18
Chicken Fricassee with Dumplings, 18
Deviled Eggs Deluxe, 14
Meal in a Pot, 19
Turkey Buffet Casserole, 15

FISH

Deep Sea Delight, 13

DESSERTS

CUSTARDS

Coffee Cool, 27
Custard Sauce, 24
Jiffy-quick Sauce, 27

ICE CREAM AND FROZEN DESSERTS

Apricot Swirl, 14
Berry Swirl, 27
Doughnut Sundae, 26
Easy Chocolate Ice Cream, 7
Frozen Lemon Fluff, 22, 23
Fruit Delight, 18
Ice Cream Roll, 27
Orange Sherbet Parfait, 27
Peach Surprise, 27
Pineapple-Mint Parfait, 27
Quick Tortoni Ice Cream, 26, 27

FRUITS

Apple Fluff, 7
Baked Apples, 13
Cherry Pudding, 13
Cinnamon Apples, 11
Ginger Pear Halves, 27
Golden Toppers, 18
Grapefruit, Broiled, 16
Grapefruit-Peach Delight, 18
Mock Baked Apples, 27
Minted Pears, 11
Oatmeal Peach Crumble, 10
Pears with Crushed Pineapple, Broiled, 16
Pineapple Crisp, 14
Quick Pear Dessert, 27
Rosy Pears, 12

PUDDINGS

Apricot Crunch Pudding, 27
Cherry Pudding, 13
Chocolate Chip Bread Pudding, 12
Cranberry Pudding, 27

MEAT, FISH AND POULTRY

BEEF

Barbecued Hamburger Buns, 23
Chili Con Carne, 20
Chili Con Carne from Meat Mix, 23
Chili and Tamale Bake, 28
Corned Beef Pie, 11
Cubed Beef Steaks, 6
Hamburger-Noodle Skillet, 23
Hamburger Patties, 17
Hamburger-Rice Skillet, 23
Hamburger Stroganoff, 23
Hot Stuffed Rolls, 23
Individual Meat Loaves, 21
Irish Stew with Dumplings, 28
Mock Enchiladas, 28
Mock Pizza, Barbecued, 23
Multipurpose Barbecued Hamburger Mix, 23
Spaghetti and Meatballs, 28
Spaghetti Meat Sauce, 23
Stuffed Green Peppers, 23
Swiss Steak, 22

PORK

Baked Ham Slice, 12
Broiled Ham Slice, 7
Broiled Ham with Sweet Potatoes, 16
Glazed, Baked Canned Ham, 28

VEAL

Veal Steak, 13

VARIETY MEATS

Liver with Thin Onion Rings, 16

POULTRY

Broiled Chicken, 7
Chicken with Lemon Butter, 16
Chicken Spaghetti, 22
Creamed Chicken, 22
Crunchy Oven Chicken, 12

FISH

Baked Fish with Butter Sauce, 10
Broiled Fish Fillets, 16
Salmon Croquettes, 6
Salmon Loaf, 11
Tuna and Mushroom Sauce on Toast, 28

Index — Continued

COLD MEATS

Barbecued Bologna, 16
Barbecued Franks, 9
Broiled Luncheon Meat, 16
Hash Crowns, 28
Luncheon Meat and Bean Casserole, 28
Skillet Corned Beef and Cabbage, 28
Spanish Rice and Vienna Sausage, 28

PASTRIES AND PIES

Fudge Pie, 10
Hasty Fruit Cobbler, 15
Lemon Ice Box Pie, 24
Quick Pumpkin Pie, 27
Vanilla Wafer Pastry Shell, 24

SALADS

Frozen Fruit Salad, 23
Hot Green Bean Salad, 16

SANDWICHES

Chicken Sandwich Supreme, 25
Divan, 25
Frankfurter Humdingers, 25
Ham Snack Loaf, 27
Hot Meat, 25
Pizza Pie, 24, 25
Salami Treat, 25
Toasted Cheese, 24
Tuna-Cheese, 25

SOUPS AND SAUCES

SOUPS

Corn-Mushroom, 24
French Onion, 24

Mexican Gumbo, 24
Old-fashioned Vegetable, 20
Tomato Clam Chowder, 24
Tomato-Vegetable, 24

SAUCES

Butter, 10
Custard, 24
Jiffy-quick, 27
Lemon Butter, 16
Peppermint-Marshmallow Sundae, 27
Spaghetti Meat, 23

VEGETABLES

Baby Limas and Corn, Broiled, 16
Baked Beans, Broiled, 17
Baked Carrots, 12
Baked Sweet Potatoes, 13
Bean Loaf with Tomato Sauce, 12
Blackeye Peas, 13
Buttered Green Peas, 11
Buttered Potatoes, Broiled, 16
Candied Sweet Potatoes, 21, 22
Canned Asparagus, Broiled, 16
Canned Green Beans, Broiled, 16
Canned Spinach, Broiled, 16
Canned Whole Kernel Corn, Broiled, 16
Carrots and Celery, 11
Creole Onions, 13
Country-fried Potatoes, 6
Fluffy Sweet Potatoes, 7
Green Beans, 10
Mashed Potato Patties, Broiled, 16
Parmesan Cauliflower, 12
Potatoes with Cheese, 10
Potatoes, Pan-browned, 11
Quick Scalloped Potatoes, 6, 7
Scalloped Corn, 9
Succotash, 13
Tomato Halves, Broiled, 16

[Blank Page in Original Bulletin]



Ready to serve YOU...

are your COUNTY EXTENSION AGENTS. They represent both the U. S. Department of Agriculture and Texas A&M University in your county. These agents have ideas and materials that are helpful to everyone, regardless of whether you live on the farm or ranch or in a town or city.

Extension agents have information on a wide variety of subjects. For example, you can learn from them how to farm and ranch more efficiently achieve more satisfying family living discover how much we *all* depend on agriculture.

This publication is one of many prepared by the Texas Agricultural Extension Service of Texas A&M University to present up-to-date, authoritative information, based on the results of research. Such publications are available from your local agents whose offices usually are in the county courthouse or agricultural building.

Give your agents a try. They welcome your visits, calls or letters.



35
20c Per Copy